“Nutritional study on the influence of dietary vitamin B₆ on colon luminal environment and heart”
（食餌ビタミン B6 の腸内環境、及び心臓に及ぼす影響に関する栄養学的研究）

Dwi Eva Nirmagustina
Molecular Nutrition Laboratory (分子栄養学研究室)

Vitamin B₆ has the preventive role in colon and heart diseases. The objective of this study is to determine the effects of dietary B₆ and gender difference on colon luminal environment and on metabolite concentrations in heart of rats. This study shows that B₆ and gender difference modulates the colon luminal environment through the modulation of mucins, amino acids, and microflora and low B₆ intake strongly decreased imidazole peptides (carnosine, anserine, and homocarnosine), and their substrates (β-alanine and GABA) concentration. These studies may give an insight into the novel mechanisms underlying the beneficial effects of B₆ on colon and heart.