

Vitamin B₆ linked to increased risk of hip fracture

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(HealthDay)—Vitamin B₆, but not vitamin B₁₂, is associated with

increased risk of hip fracture during extended follow-up, according to a study published online June 2 in the *Journal of Bone and Mineral Research*.

Maria Garcia Lopez, M.D., from the University Hospital in Oslo, Norway, and colleagues conducted a secondary analysis of combined data from two large [randomized controlled trials](#) to examine the effect of an intervention with B-vitamins on the risk of [hip fracture](#). The intervention consisted of a daily capsule of [folic acid](#) plus vitamin B₁₂ and vitamin B₆, folic acid plus vitamin B₁₂, folic acid plus vitamin B₆, or placebo.

The researchers found that during the trial and extended follow-up there was no significant association between folic acid plus vitamin B₁₂ treatment and the risk of hip fracture (hazard ratios, 0.87 [95 percent confidence interval, 0.48 to 1.59] and 1.08 [95 percent confidence interval, 0.84 to 1.40], respectively). There was also no significant between-group difference in the risk of hip fracture for those receiving versus not receiving vitamin B₆ during the trial (hazard ratio, 1.42; 95 percent confidence interval, 0.78 to 2.61); however, the risk of hip fracture was higher for those receiving vitamin B₆ during extended follow-up (hazard ratio, 1.42; 95 percent confidence interval, 1.09 to 1.83).

"These secondary analyses and extended follow-up of two large randomized controlled trials performed in Norway showed that treatment with folic acid plus vitamin B₁₂ was not associated with the risk of hip fracture" the authors write. "However, treatment with high doses of vitamin B₆ was associated with a slightly increased risk of experiencing a hip fracture during the extended follow-up (3.3 years in-trial plus 7.8 years post-trial follow-up)."

More information: [Abstract](#)

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