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Smokers who have higher levels of vitamin B6 and certain essential proteins in their blood have a lower risk of getting lung cancer than those deficient in these nutrients, according to study by cancer specialists. Scientists at the International Agency for Research on Cancer said that although they had not found a causal link, the results may be a clue to why some smokers never get lung cancer and some non-smokers or former smokers do. The IARC study found a link to low levels of vitamin B6 and an amino acid called methionine, found in protein like meat, fish and nuts. B6 is also found in meat, nuts, vegetables and bananas.