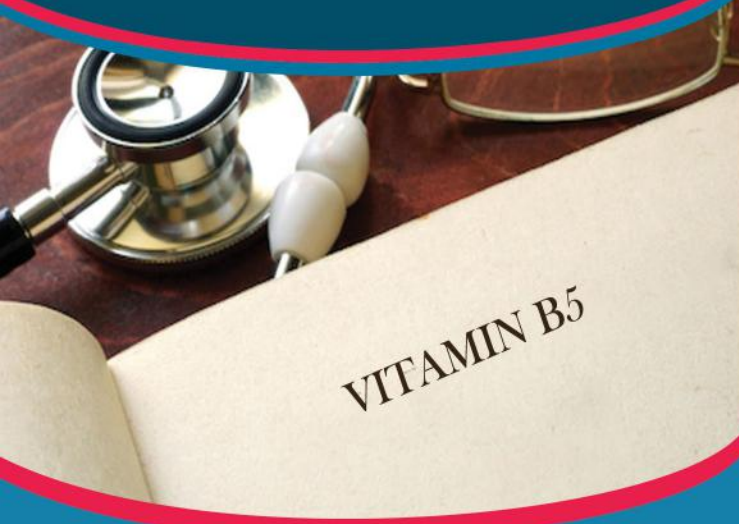




Vitamin B5



Vitamin B5 plays a crucial role in synthesizing the hormone called melatonin which is secreted by the pineal gland located deep inside the brain. It controls the wake/sleep cycle, prevents insomnia, and helps the body deal with tiredness and stress.

► Vitamin B5 Sources ◀

- Fortified cereals
- Organ meats (liver, kidney)
 - Beef
- Chicken breast
 - Mushrooms
 - Avocado
- Nuts, seeds
- Dairy milk

► Vitamin B5 Deficiency ◀

Vitamin B5 deficiency is extremely rare in people as pantothenic acid is found in nearly all foods. A healthy and varied diet should provide a person with enough.

A deficiency may lead to:

- Tiredness
- Apathy
- Depression
- Irritability
- Sleep disorders
- Stomach pains
 - Nausea
 - Vomiting
 - Numbness
- Muscle cramps
- Hypoglycemia



► Recommended Amounts ◀

- Age 0-6 months: 1.7 milligrams per day
- Age 7-12 months: 1.8 mg/day
 - Age 1-3 years: 2 mg/day
 - Age 4-8 years: 3 mg/day
 - Age 9-13 years: 4 mg/day
 - Age 14 and older: 5 mg/day

Pregnant or breast-feeding women may need higher amounts of pantothenic acid.

► Vitamin B5 Toxicity ◀

It is improbable to have toxicity in the case of vitamin B5. The Recommended Dietary Intake of vitamin B5 is 5mg for adults. It is vital to get consulted with a doctor or health supervisor before taking Vitamin B5 in supplement form as an overdose might cause diarrhea, stomach trouble, headache, excessive stress and might also increase the risk of bleeding.

VITAMIN B5



Vitamin B5

B5

Vitamin B5

Bacteria in the gut can also produce some pantothenic acid but not enough to meet dietary needs.



► Vitamin B5 ◀

Vitamin B5, also known as pantothenic acid or pantothenate, is a water-soluble vitamin that helps produce energy by breaking down fats and carbohydrates. It also promotes healthy skin, hair, eyes, and liver. Vitamin B5 is one of the less known vitamins, possibly because its deficiencies are rare. Vitamin B5 is naturally present in foods and added to foods and available. It is used to make coenzyme A, a chemical compound that helps enzymes build and break down fatty acids and perform other metabolic functions, and the acyl carrier protein, which is also involved in building fats. Pantothenic acid is found in a wide variety of foods.

► Vitamin B5 Benefits ◀

- Create red blood cells
- Create stress-related and sex hormones



Other health benefits of pantothenic acid that have been suggested but not scientifically proven include improving symptoms related to ADHD, arthritis, skin problems, allergies, hair loss, asthma, heart disorders, carpal tunnel syndrome, lung disorders, nerve damage, colitis, eye infections, kidney disorders, dandruff, depression, diabetic problems, headaches, hyperactivity, low blood pressure, insomnia, multiple sclerosis, muscular dystrophy, and muscle cramps. Vitamin B5 is a potent antioxidant and a neural compound that boosts the immune system and neural functions. It also aids in metabolizing fat and reducing stress levels.

- Maintain a healthy digestive tract
- Process other vitamins, particularly B2
- Synthesize cholesterol