

Pantothenic Acid

500 mg



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

Pantothenic Acid supplies 500 mg of pantothenic acid in a convenient capsule form.

FUNCTIONS

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates and proteins. B vitamins are also important for blood cells, hormones and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins daily.

Pantothenic acid, also known as vitamin B-5, is a coenzyme essential for energy production from dietary proteins, fats and carbohydrates. It is a component of coenzyme A and of phosphopantetheine and is therefore essential for Krebs cycle operation.

INDICATIONS

Pantothenic Acid 500 mg may be a useful dietary adjunct for individuals who wish to supplement their diet with generous amounts of pantothenic acid.

SIDE EFFECTS

No adverse effects have been reported.

FORMULA (WW #10119)

1 Vegetarian Tablet Contains:

Pantothenic acid..... 500 mg
(as calcium pantothenate)

Other Ingredients: Cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, magnesium stearate, silica and pharmaceutical glaze.

This product contains NO sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 1 tablet daily with meals, or as directed by a healthcare professional.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Miller SL, Schlesinger G. Prebiotic syntheses of vitamin coenzymes: II. Pantoic acid, pantothenic acid, and the composition of coenzyme A. *J Mol Evol* 1993 Apr;36(4):308-14
- Rychlik M. Quantification of free and bound pantothenic acid in foods and blood plasma by a stable isotope dilution assay. *J Agric Food Chem* 2000 Apr;48(4):1175-81.
- Slyshenkov VS, Piwocka K, Sikora E, Wojtczak L. Pantothenic acid protects jurkat cells against ultraviolet light-induced apoptosis. *Free Radic Biol Med* 2001 Jun 1;30(11):1303-10
- Tahiliani, AG, Beinlich, CJ. Pantothenic acid in health and disease. *Vitam Horm* 1991;46:165-228.

Good Life Pharmacy

125 South 16th St.
Ord, NE 68862
308.728.3295