



# Pantothenic Acid

INTRODUCED JANUARY 2010

## What Is It?

Pantothenic acid, vitamin B<sub>5</sub>, plays a key role in cellular energy production, adrenal and cardiovascular health, and synthesis of vitamins, amino acids, fatty acids, cholesterol and steroid hormones.\*

## Uses For Pantothenic Acid

**Nutrient Metabolism and Organ Function:** Pantothenic acid is a precursor of coenzyme A (CoA), an important cofactor and acyl group carrier in cells. One of the main functions for CoA is the formation of acetyl-CoA, vital for cellular respiration and the metabolism of carbohydrates and fatty acids through the Krebs' cycle. In the first step of the cycle, acetyl CoA condenses with oxaloacetate to yield citrate and succinyl-CoA providing energy for GDP phosphorylation. Distribution studies indicate that tissues with the highest retention of pantothenic acid are the kidneys, pituitary gland, heart, muscle, liver and adrenal glands and optimal levels help promote healthy adrenal function and cardiovascular health. Additionally, pantothenic acid is required for the synthesis of fatty acids and membrane phospholipids, the amino acids leucine, arginine and methionine, and isoprenoid derivatives, including cholesterol, steroid hormones, vitamin A and vitamin D.\*

## What Is The Source?

Calcium pantothenate provides pantothenic acid and is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1 capsule daily, with a meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Large amounts of pantothenic acid can cause diarrhea. There is also one case of eosinophilic pleuropericardial effusion in a patient taking pantothenic acid 300 mg per day in combination with biotin 10 mg per day for 2 months. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

### Pantothenic Acid

each capsule contains  v 00

pantothenic acid (calcium pantothenate) (B<sub>5</sub>)..... 500 mg  
vitamin C (as ascorbyl palmitate) ..... 10 mg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1 capsule per day, with a meal.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

