Vitamin B5 or Pantothenic Acid

**Benefit:** Vitamin B5 or pantothenic acid helps in cell building, maintaining normal growth and development of the central nervous system. It stimulates the adrenal glands and increases the production of cortisone and other adrenal hormones. It is essential for conversion of fatty and sugar to energy. It also helps guard against most physical and mental stresses and toxins and increases vitality.

**What happens if you body is Deficient with Vitamin B5:** A deficiency can cause chronic fatigue, hypoglycemia, graying and loss of hair, mental depression, stomach disorders, and blood and skin disorders.

**Source for Vitamin B5:** The main sources of this vitamin are:

1. whole grain bread and cereals,
2. green vegetables,
3. peas,
4. beans,
5. peanuts and
6. egg yolk.

**Recommendation (if you take vitamin B5 tables or supplements):** The minimum daily requirement of this vitamin has not been established, but is estimated to be between 30 and 50 mg a day. The usual therapeutic doses are 50 to 200 mg. In some studies, 1,000 mg or more were given daily for six months without side effects. It is useful in the treatment of insomnia, low blood pressure and hypoglycemia or low blood sugar.