

**Pantothenic Acid (Vitamin B5)****500 mg, 100 capsules**

Item Catalog Number: 00098

Pantothenic acid plays a role in the synthesis of hemoglobin, steroid hormones, neurotransmitters, and lipids.<sup>196-202</sup> It is the most important component of coenzyme-A, which assists in several metabolic pathways and is necessary for the transfer of fats to and from cells.<sup>184</sup> Pantothenic acid is only mildly acidic, but is often available in combination with calcium to neutralize its acidity and increase its storage stability.

**References****Supplement Facts**

Serving Size 1 capsule

Servings Per Container 100

**Amount Per Serving**

Calcium (as D-calcium pantothenate)

46 mg

Pantothenic Acid (as D-calcium pantothenate)

500 mg

Other ingredients: vegetable stearate, gelatin, water.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

**Dosage and Use**

- Take one capsule daily with meals, or as recommended by a healthcare practitioner.

**Warnings**

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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