PANTOTHENIC ACID (VITAMIN B₅)

**MAIN FUNCTIONS**

- Helps convert food into useable energy
- Helps make and break down fats
- Helps make cholesterol, steroid hormones, neurotransmitters, and hemoglobin
- Helps the liver break down certain drugs and toxins

**GOOD SOURCES**

<table>
<thead>
<tr>
<th>Dairy Products</th>
<th>Meat</th>
<th>Sunflower Seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td>milk • yogurt • cheese</td>
<td>organ meats • beef • fish</td>
<td>Sunflower Seeds, 1 ounce, 2.0 mg</td>
</tr>
<tr>
<td>• Yogurt (plain, nonfat), 8 ounces, 1.6 mg</td>
<td>• Trout, 3 ounces, 1.9 mg</td>
<td></td>
</tr>
</tbody>
</table>

mg = milligrams; a 3-ounce serving of meat or fish is about the size of a deck of cards

**DAILY RECOMMENDATION**

5 mg

All Adults

**SPECIAL NOTES**

- Pantothenic acid is widespread in the food supply, and dietary deficiency is very rare.
- Little or no toxicity has been associated with supplemental pantothenic acid.