

PANTOTHENIC ACID (VITAMIN B₅)



Oregon State University
Linus Pauling Institute

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

Dairy Products

milk • yogurt • cheese

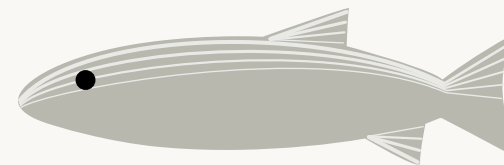
- Yogurt (plain, nonfat), 8 ounces, 1.6 mg



Meat

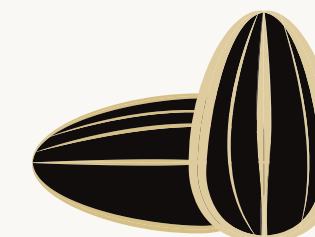
organ meats • beef • fish

- Trout, 3 ounces, 1.9 mg



Sunflower Seeds

- Sunflower Seeds, 1 ounce, 2.0 mg



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.