

Learn the Many Benefits of Vitamin B5

Vitamin B5 is also known as Pantothenic Acid, and the vitamin is also called the "anti-stress vitamin. B5 is necessary within the body for making hormones and healthy red blood cells. The vitamin also helps to convert fats and carbohydrates into energy. The formation of antibodies is one of the benefits of vitamin B5. There is the possibility that stamina may be enhanced and hemoglobin synthesis is also facilitated. The benefits of vitamin B5 also include supporting and maintaining a healthy digestive system. An enzyme that is converted from vitamin B5, coenzyme, detoxifies the body and removes harmful herbicides, insecticides, and drugs. It is not advisable to have a diet high in processed foods, because a lot of B5-pantothenic acid is lost in the processing of food. The process of canning, freezing, or otherwise processed foods depletes the supply. Those with a diet rich in processed foods may want to consider supplementation with B5.

Benefits of Vitamin B5 There are many conditions that can be greatly relieved with Vitamin B5. Acne, alcoholism, allergies, hair loss, asthma, ADHD, autism, candidiasis, and cystitis. Other conditions that could benefit from the use of B5 include dandruff, heart disease, carpal tunnel syndrome, respiratory problems, celiac disease, and depression. Diabetic neuropathy, hyperactivity, and immune system improvement can all be treated with vitamin B5. The benefits of vitamin B5 vitamin may also potentially be used: "orally for osteoarthritis, rheumatoid arthritis, Parkinson's disease, peripheral neuritis, premenstrual syndrome (PMS), prostatitis, protection against mental and physical stress and anxiety, reducing signs of aging, reducing susceptibility to colds and other infections, retarded growth, shingles, skin disorders, stimulating adrenal glands, mouth ulcers, chronic fatigue syndrome, vertigo, and wound healing." Athletic performance, hypoglycemia, insomnia, irritability, and low blood pressure can be improved with the benefits of vitamin B5. Cramps in the legs due to pregnancy, alcoholism, neuralgia, and obesity can also be improved. More serious conditions that can be improved with the vitamin B5 are Multiple Sclerosis and Muscular Dystrophy.

Vitamin B5 Deficiency It is possible to experience a B5 deficiency. If it happens here are a few of the signs of a deficiency. There is the possibility of fatigue, difficulty sleeping, headache, and nausea. Stomach discomfort can be the result of adrenal atrophy.

Vitamin B5 Toxicity Because the B5 vitamin is water soluble, toxicity is extremely uncommon. Important to note however, even though Vitamin B5 toxicity is very uncommon and generally not heard of, the vitamin could possibly cause diarrhea if the vitamin is taken in excessive amounts. We always advise people to speak with your physician before supplementation of any kind. Pregnant or nursing women should take extra note here, and also, people on prescription medications, or those people who have a certain health condition.

The benefits of Vitamin B5: How much should I take? There is no RDA (recommended daily allowance) set for this particular vitamin. The best Therapeutic dosages range from 30 mg to 1,000 mg per day.

Our Tips On Selecting A B5 Vitamin Supplement

1. Nutritional supplements in the U.S. are largely unregulated, and both private and government parties have shown that consumers only have a 1 in 5 chance of buying a product that actually contains the amount of ingredients stated on the label or able to find one that is not contaminated with harmful toxins. Therefore, you should try to only purchase your supplements from pharmaceutical GMP compliant facilities, such places adhere to the most exacting manufacturing standards. This way, you can be sure you are getting the amount of B5 vitamin you paid for, and one that is not contaminated.
2. Try and purchase a B5 Vitamin product that contains other B vitamins as well, as they work synergistically giving you the best possible benefits to your health. You need to find a company that you can use over and over again for your nutritional needs. It is worth looking for a quality company when it comes to vitamins and minerals. Your health needs the best, many of the low cost vitamin supplements can actually impair your health. We hope you find this article helpful.

About the Author

Harvard School of Public Health and Nutrition Research covers latest information on fiber, fats, calcium, carbohydrates, eggs, nutritional.

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