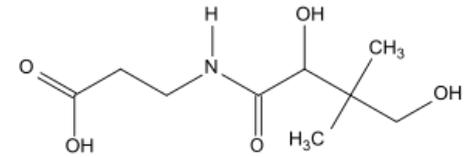


# Vitamin B5

Pantothenic acid ( vitamin B<sub>5</sub>) is part of coenzyme A .

## Source

Small amounts are in almost all foods contain a large amount of yeast, liver, meat, milk, whole grains and legumes. The daily recommended dose for adults: 6 mg



Vitamin B5 structure

## Deficit

Lack is not present - described only when administered pantothenic acid antagonists and extremely malnourished people with symptoms of deficiency of other nutrients, is manifested hair follicle atrophy, loss of pigmentation, dermatitis .

## Surplus

Signs of excess are not known.

## Links

### Related articles

- Fat Soluble Vitamins
- Water Soluble Vitamins

### Bibliography

- BENCKO, Vladimír, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.