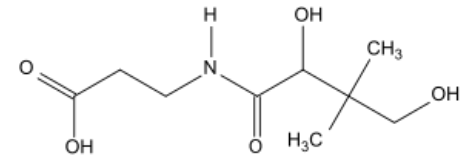


Vitamin B5

Pantothenic acid (vitamin B₅) 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, Vladimir, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.