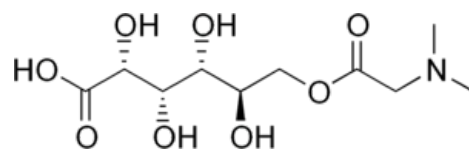


Pangamic acid

Pangamic acid (pangamine, D-gluconodimethylaminoacetate) was historically referred to as **vitamin B₁₅**, but it does not have the character of a vitamin. Neither pangamic acid nor its derivatives have any known physiological role in metabolism. There is no evidence to confirm its necessity in nutrition or for its usefulness in the treatment of diseases^[1]. It is found in brown rice, brewer's yeast, sunflower and pumpkin seeds^[2]. Pangamic acid is reported as an active ingredient in several commercially available nutritional supplements; in fact, different preparations contain different substances. Some of them are harmful to human health^[3].



The formula of pangamic acid

Links

Reference

■ ws:Kyselina_pangamová

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2. HAAS, Elson M. *Vitamin B15 -- Pangamic Acid* [online]. [cit. 2011-07-24]. <<http://www.healthy.net/scr/article.aspx?id=1925>>.
- 3.