



B

VITAMIN B₅

B Vitamins: Establishing Healthy Growth

VITAMIN B₅ BASICS

Also known as: Pantothenic acid

Important for: Metabolism, healing wounds

Animal Sources: Liver, kidneys, heart, fish, chicken, beef, egg yolk, milk

Grain/Fruit/Vegetable Sources: Yeast, whole grain cereals, nuts, legumes, vegetables

Other sources: White mushrooms

OVERVIEW

Vitamin B₅ is a water soluble vitamin that is part of the vitamin B complex group. Vitamin B₅ plays an important role in metabolizing carbohydrates, fats and proteins. In addition, vitamin B₅ is important for healing wounds and repairing tissues and cells.

DISCOVERY AND HISTORY

Vitamin B₅ was discovered in 1931 by Roger J. Williams and R.W. Truesdail. It was isolated in 1938. Its scientific name, pantothenic acid, originates from the Greek word “pantos,” meaning “everywhere,” as it can be found throughout all living cells.

VITAMIN B₅ DEFICIENCY

While vitamin B₅ deficiency is extremely rare because vitamin B₅ exists to some extent in all foods, lack of B₅ leads to various health problems, including:

- General fatigue
- Insomnia
- Depression
- Irritability
- Stomach pains
- Upper respiratory infections
- Nausea
- Vomiting
- Headaches
- Tingling sensations (“burning feet” syndrome)

POPULATIONS AT RISK OF VITAMIN B₅ DEFICIENCY

- Alcoholics
- Women on oral contraceptives
- People who cannot fully absorb vitamins due to certain diseases