

## VITAMIN

# B5

Vitamin B5, also known as pantothenic acid, is one of the essential B vitamins required for various physiological processes in the human body. It plays a crucial role in energy metabolism and the synthesis of important molecules.

Pantothenic acid is widely available in many foods, and deficiency is rare due to its abundance in the diet. Food sources include:

Meats: Beef, poultry, and organ meats.

Dairy Products: Milk, yogurt, and cheese.

Legumes: Lentils and split peas.

Whole Grains: Brown rice, whole wheat and oats.

Nuts and Seeds: Sunflower seeds, peanuts, and almonds.

Vegetables: Broccoli, avocados, and sweet potatoes.

### Energy Metabolism

It is a component of coenzyme A (CoA), which is necessary for several metabolic reactions in the body.

### Fatty Acid Synthesis

Pantothenic acid is essential for the synthesis of fatty acids, which are components of cell membranes.

### Cholesterol Synthesis

It plays a role in cholesterol synthesis, which is essential for various cellular processes.

### Acetylcholine Synthesis

Acetylcholine is a neurotransmitter involved in nerve signal transmission. Vitamin B5 is required.

### RDA

Male - 5mg

Female - 5mg

