Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

## Overview

# Vitamin B5 250 mg, 100 capsules

**Product number:** VS0838




### Price

| Quantity | Unit price | Base price |
|---|---|---|
| **To 1** | €27.95 | €537.50 / 1 Kilogramm |
| **To 4** | €26.55 | €510.58 / 1 Kilogramm |
| **From 5** | €25.15 | €483.65 / 1 Kilogramm |

Prices incl. VAT plus shipping costs

## Description

### Vitamin B5 for mental performance and normal hormone metabolism

Vitamin B5 (pantothenic acid) is required for many metabolic processes and the formation of important hormones, neurotransmitters, steroids and antibodies as well as vitamin D. Our body cannot produce vitamin B5 itself. Therefore we must obtain this essential vitamin daily through our diet.

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Pantothenic acid is found in almost all foods. Hence its name (the Greek “pantothen” means “from everywhere”). Nevertheless, a deficiency can occur due to a monotonous diet and losses during preparation (cooking, frying). The need for pantothenic acid increases with chronic inflammations, gastrointestinal diseases, during pregnancy and breastfeeding, and through the use of the contraceptive pill.

**To compensate, Vitals Vitamin B5 is suitable:**

- It provides more vigour.
- It can counteract tiredness and fatigue.
- It supports our brain performance (contributes to normal mental performance).
- It is important for a normal hormone metabolism (contributes to the normal synthesis and normal metabolism of steroid hormones).
- It helps in the production and normal metabolism of vitamin D.
- It is involved in the formation of some neurotransmitters.

Vitals Vitamin B5 (pantothenic acid) as calcium D-pantothenate has high bioavailability, is high-dosed and 100% pure. It contains no additives such as magnesium stearate or allergenic substances. Therefore it is very well tolerated by allergy sufferers and sensitive individuals.

## Effects of vitamin B5 (pantothenic acid)

Vitamin B5 supports energy metabolism and contributes to the normal synthesis and normal metabolism of steroid hormones in the adrenal cortex (e.g. cholesterol), vitamin D and some neurotransmitters. It is an immediate precursor of coenzyme A, which plays a central role in metabolism.

Vitamin B5 is important for the formation of the neurotransmitter acetylcholine. This messenger ensures the smooth transmission of nerve impulses between nerve cells and the processing of information.

Vitamin B5 is required for the production of hormones, for example the sex hormones testosterone and progesterone. It strengthens our ability to cope with stress, because the adrenal glands can only form sufficient amounts of the anti-stress hormone cortisol under strain if enough vitamin B5 is available. In addition, the vitamin supports the production of phospholipids for the construction of cell membranes and of porphyrins (pigments in the oxygen carrier haemoglobin).

## Symptoms of vitamin B5 deficiency / pantothenic acid deficiency

Similar to other B vitamins, fatigue and lack of strength are among the first symptoms of a vitamin B5 deficiency. Due to disturbed acetylcholine production, there may be tingling in the feet and legs in extreme cases.

## Nutritional information

| Micronutrients | per daily portion 1 capsule |
|---|---|
| Pantothenic acid | 250 mg (4167 %*) |

*Reference intake according to Regulation (EU) No. 1169/2011

**Ingredients**

Calcium D-pantothenate, anti-caking agent (rice fibres), vegetable capsule (pullulan, from fermented cassava starch).

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**Recommended intake**

Take 1 capsule daily with water at a meal.

**Storage instructions**

Store cool, dry and protected from light (do not refrigerate).

**Legal notice**

The recommended daily intake must not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of the reach of small children.

## Product information

| | |
|---|---|
| **Application:** | Relaxation, Brain, Metabolism |
| **Dosage form:** | In vegan capsules. |
| **Micronutrients:** | Pantothenic acid |
| **Quality:** | Free from magnesium stearate, Gluten-free, Lactose-free, Vegan |
| **Product type:** | Dietary supplements |