



NATURE'S SUNSHINE

Pantothenic Acid

GOOD FOR

Adrenals

Nervous System

Endocrine System

SIZE **100 Capsules**

ITEM # **1640**

SERVING **1**

SUPPLY **100 days**

DIRECTIONS FOR USE Take 1 capsule daily with a meal.

— How the Key Ingredients Work

This formula brings together two time-tested nutrients — vitamin B5 and calcium — to help your body keep up with the demands of daily life. Together they support everything from the energy your cells need to run smoothly, to the strong bones and clear skin you want to feel your best.

Pantothenic Acid (Vitamin B5) — Energy & Vitality — Think of vitamin B5 as the spark plug for your body's energy system. It helps convert the food you eat — carbohydrates, fats, and proteins — into usable fuel so your cells can keep going all day long. Without enough B5, that whole energy-making process simply can't run the way it should.

Pantothenic Acid — Adrenal & Stress Support — Your adrenal glands rely on vitamin B5 to make the hormones that help you handle stress. When life gets hectic, your body actually uses up more B5 than usual, so keeping levels topped up is a smart way to support your body's natural ability to stay balanced and resilient during demanding times.

Pantothenic Acid — Burnout Recovery — Chronic stress can quietly drain your body's B5 reserves, making it harder to bounce back. Pantothenic acid helps support the production of cortisol and other stress hormones, giving your adrenal system the raw materials it needs to recover and helping you feel more like yourself again after periods of prolonged fatigue.

Pantothenic Acid — Skin Clarity & Acne Support — Vitamin B5 has real clinical research behind it for skin health. In a 12-week double-blind study, people taking pantothenic acid saw a 68.2% greater reduction in facial blemishes compared to those taking a placebo. B5 is thought to help regulate how much oil the skin produces, which can make a meaningful difference in day-to-day skin clarity.

Pantothenic Acid — Cellular Energy Metabolism — Every single cell in your body depends on a molecule that vitamin B5 helps create. That molecule acts like a key that unlocks the energy stored in the food you eat, allowing your body to produce the fuel it runs on. Getting enough B5 means your cells have what they need to do their jobs efficiently, from morning to night.

Calcium — Bone Strength & Density — Calcium is the main building block of your bones, and your skeleton is essentially a calcium bank that your body draws from every day. Research including multiple large clinical trials shows that adequate calcium intake supports healthy bone mineral density, especially when you're still building peak bone mass in your younger years or working to maintain it later in life.

Calcium — Teeth & Oral Health — Your teeth are made largely of calcium, and keeping levels adequate helps maintain their strength and structure over time. This is especially important during childhood and adolescence, when teeth are still developing, but supporting calcium intake throughout adulthood helps protect the dental health you've already built.

Calcium — Children's Bone & Growth Support — Growing kids need calcium more than almost any other nutrient. The NIH recommends up to 1,300 mg per day for adolescents because this is the window when the body lays down the most bone. Getting enough calcium during these years helps children build a strong skeletal foundation that can benefit them for decades to come.

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