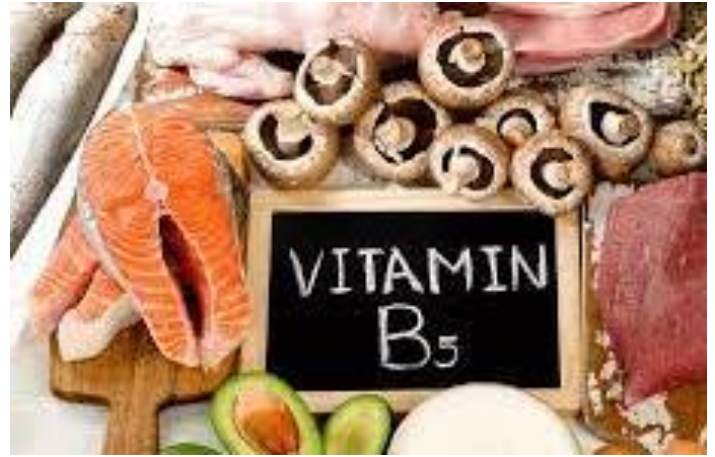


VITAMIN B5

Did you know???



Pantothenic Acid (Vitamin B5) is a nutrient that is needed by the body to make energy from food and to make red blood cells and certain hormones. It's important for many functions in the body, especially making and breaking down fats.

NUTRITIONAL FACTS

FOOD	QTY	PANTOTHENIC ACID	DAILY %	CARBS	PROTEIN	CALS
Beef Liver	50g	3.6g	71%	2.6g	14.5g	95.5g
Sweet Potato	1 cup	2.1g	43%	53.8g	4.2g	230
Salmon	100g	1.9g	38%	0	25.4g	182
Lobster	100g	1.7g	33%	0	19g	89
Sweetcorn	1 cup	1.4g	28%	40.8g	5.1g	166
Avocado	½	1.4g	28%	11.9g	3.4g	182
Eggs	2	1.4g	28%	1.1g	11g	155
Lentils	1 cup	1.4g	28%	1.1g	12.6g	155
Mushroom	1 cup	1g	21%	2.3g	2.2g	15
Chicken Breast	100g	1g	21%	0	30.9g	173

- www.Cronometer.com
- <https://ods.od.nih.gov/factsheets>