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CoFactors

What It Is:

- High potency vitamin B5

Why You Need It:

- Important for patients looking to promote wound healing after surgery
- Targets patients wanting to boost adrenal function
- Great for patients wanting to naturally manage seasonal allergy symptoms

How It Helps:

Like other B vitamins, vitamin B5 is absolutely necessary for human health. B5 is critically important for the metabolism of dietary carbohydrates, proteins, and fats. It is also necessary in order to get energy out of food and into the body's tissues. Vitamin B5 also helps the body to manufacture many of the hormones that support our body.

Without enough B5, people complain of sleepiness, fatigue, headache, numbness of the hands and feet, leg muscle weakness, heart irregularities, stomach problems, moodiness, and an increased susceptibility to infections.

Usual dosage: Take one capsule twice daily with food.

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Always consult your doctor before taking any of these products.