



# Vitamin B5

The "Anti-Stress" Vitamin  
90 Veggie Capsules NPN 80009406



## Patient Reference

### Matrix Nutritional

### The "Anti-Stress" Vitamin

**Matrix Nutritionals Series** was designed as an eclectic offering for the Physica Energetics line of remedies primarily to assist in the "reactivation of the mesenchyme" (Dr. Reinhold Voll), via the nutritional complement pathways. These pathways are present in every system throughout the body and require balanced attention. In keeping with the principles of BioEnergetic Medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors, which, ultimately, is counterproductive. This approach has been carefully and respectfully designed to provide the necessary natural (organic where available), synergistic factors in proper energetic and biochemical ratios, to ensure assistance towards yielding a deep and lasting result. They are not to be confused with replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. These remedies honour The Legacy of BioEnergetic Medicine, and are known by both patient and practitioner to be exceptionally effective.

**Pantothenic acid, also known as vitamin B5**, is present in every living cell of the body. It plays a vital role in the production of energy and is required for the synthesis of fatty acids, bile, cholesterol, steroid hormones, haemoglobin and membrane phospholipids.

**Known as the "anti-stress vitamin"**, vitamin B5 supports the adrenal glands, assisting in the production of cortisol and other adrenal hormones that help to counteract stress. Adrenal exhaustion, headaches, fatigue, insomnia, physical and mental depression and anxiety have all shown improvement with supplemental pantothenic acid. Additional supplementation of this vitamin should be considered when there is anticipation of a stress response, in order to support the adrenal glands in their response to the stressor.

**The neuromuscular system relies on vitamin B5** for the production of sphingosine and acetylcholine, which are required to produce nerve transmissions. Muscle cramps, frequent tingling in the hands and feet and nerve degeneration may indicate increased need for vitamin B5.

**Vitamin B5 supports the immune system**, improving the body's ability to heal and produce antibodies to help fight off infection. It has shown protective effects against radiation and reduces the toxic effects of many antibiotics. Studies have found that individuals with rheumatoid arthritis, an autoimmune disorder, have lower circulating levels of vitamin B5 and that supplementation often alleviated symptoms of stiffness, disability and pain. Similar results were found with osteoarthritis, gout and lupus.

**Vitamin B5 stimulates intestinal peristalsis** and is required for the normal functioning of the gastrointestinal tract. Ulcers, inflammation of the stomach and intestines and constipation may be signs of vitamin B5 deficiency. Due to its role in fat metabolism, vitamin B5 has also shown benefit in lowering blood cholesterol and triglyceride levels, demonstrating promise in assisting those with high cholesterol levels, including those with diabetes or cardiovascular disease. Skin disorders, such as eczema and psoriasis, allergies and bruxism (grinding of the teeth) may be additional indicators of low pantothenic acid levels.

**Physica Energetics' Vitamin B5 provides 300 mg of vitamin B5 per capsule.** The use of vegetable capsules instead of tablets or gelatin capsules allows greater ease of digestion and assimilation by the digestive tract.

#### **Ingredients (per capsule):**

Vitamin B5 300 mg