

Pantothenate: the anti-stress vitamin

Everyone desires to stay young and will try several formulas to achieve that objective. Researchers believe that the answer can be found in pantothenate, which slows down the biochemical processes related to ageing.

The name 'pantothenate', for pantothenic acid, originates from the Greek word pantos, which means everywhere and is found in almost all foods. It is a member of the vitamin B-complex family. Stress causes a complex physical reaction and, as such, the body may not absorb nutrients as well as it should, resulting in deficiency in a number of nutrients, including the vitamin B-complex which is vital for functioning of the nervous system. Pantothenate's role in the body is important as it produces energy in the cells and helps to metabolise fats, carbohydrates and proteins from food, for use in the body. Pantothenate has a direct link to fatigue. A professor from the University of Nebraska, Dr Hazel Fox, led a team of researchers who compared two groups of men - one group receiving the vitamin and withholding it from the other. After 10 weeks, the men who were deprived of the vitamin were listless and complained of being fatigued. People may not get enough pantothenate since they are eating less today as the economic crunch takes a toll. Besides, the right foods may not be chosen - that is fresh fruits, vegetables and ground provisions. Instead, there is a steady intake of processed foods. As such, fatigue is considered a symptom of pantothenic acid deficiency. Deficiency Symptoms of the deficiency include insomnia, developing allergies, aged appearance, fatigue and a burning sensation in the feet. Pantothenate is withdrawn from the body at an alarming rate, especially during stress, and must be replenished. There is no specific Recommended Daily Intake (RDI), but adults can take safe amounts between four and seven milligrams. Unprocessed foods should supply adequate amounts of pantothenate. Sources Excellent sources of pantothenate are meats, poultry, fish, wholegrain cereals, peas and beans, fruits, and vegetables. A meal of fish, sweet potato, boiled corn and red peas, will provide the perfect amounts of pantothenate. Combating Hay fever Another important health benefit of pantothenate is its effectiveness in relieving the symptoms associated with hay fever and pollen allergies. Large doses (200 to 500 milligrams) are useful in providing relief from the misery of a hay-fever attack. You may get 10 more years added to your life through supplementation with pantothenate. Super-simple salmon 1tbs garlic powder 1tbs dried basil 1/2 teaspoon salt 4 (6 ounce) salmon fillets 2tbs butter 4 lemon wedges Method: 1. Stir together the garlic powder, basil, and salt in a small bowl; rub in equal amounts on to the salmon fillets. 2. Melt the butter in a skillet over medium heat; cook the salmon in the butter until brown and flaky, about five minutes per side. Serve each piece of salmon with a lemon wedge. Serves 4.