



# Vitamin B5 Synergistic

TRUSTED FORMULA NOW IN  
NEW SMALLER CAPSULES



All New Roots Herbal Products Are Tested  
in Our ISO 17025–Accredited Laboratory

# Vitamin B5 Synergistic



- **BIOLOGICALLY ACTIVE B5 (CALCIUM D-PANTOTHENATE) FORMULATED WITH ADVANCED MICRONUTRIENTS**
- **SYNERGISTIC FORMULA WITH SPIRULINA, ASTRAGALUS, AND DIGESTIVE ENZYMES**
- **VALUE-DRIVEN THREE-MONTH SUPPLY**

Like all B vitamins, vitamin B5, also called pantothenic acid, is obtained from our diets alone—it can't be synthesized in significant quantities by the body and is hence called an essential micronutrient. Our bodies require it to metabolize proteins, carbohydrates, and fats, and specifically to synthesize coenzyme A, which is required to metabolize fatty acids.

Vitamin B5 can be found in animal sources such as meat, dairy, and eggs, but also in potatoes, avocado, and mushroom, among other sources. It is also added to various foods, for example in cereals, as milling removes much of the vitamin B5 from grains, as it is found in their outer layers.

Symptoms of vitamin B5 deficiency include irritability, fatigue, as well as neurological symptoms such as numbness or muscle cramps. The good news is that supplementation reverts nearly all B5 deficiency-related symptoms.

Our formula also contains antioxidant vitamin C; D-ribose, which is a precursor of adenosine triphosphate (ATP), the energy source of cells; micronutrient-rich spirulina; immune-promoting astragalus; and various digestive enzymes to assist in the assimilation of these.

## **YOU SPOKE, WE LISTENED...**

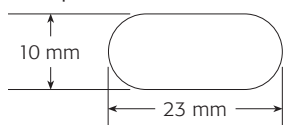
This product was previously available as 1,000 mg tablets. Some consumers had difficulty ingesting the tablets and asked for a smaller, more convenient format that is easier to swallow. We listened.

Our new, smaller, 500 mg capsules now replace our previous 1,000 mg tablets. Two can be taken in a single dose, or they can be spaced out through the day in order to get your 1,000 mg.

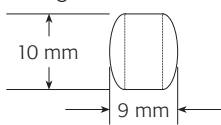
The old tablet and the new capsule are shown here at actual size.



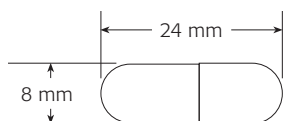
Top View—Old Tablet



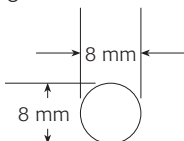
Edge View—Old Tablet



Top View—New Capsule



Edge View—New Capsule



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## TRUSTED FORMULA NOW IN NEW SMALLER CAPSULES

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### Each vegetable capsule contains:

|  |                   |
|--|-------------------|
| Vitamin B5 (from calcium D-pantothenate)   | 500 mg            |
| Vitamin C (ascorbic acid)  | 75 mg             |
| D-Ribose   | 15 mg             |
| Organic spirulina ( <i>Spirulina platensis</i> )                                   | 10 mg             |
| Astragalus ( <i>Astragalus membranaceus</i> )<br>root extract, 16% polysaccharides | 4 mg              |
| <i>alpha</i> -Amylase  | 62.99 FCC DU      |
| Bromelain (from pineapple [ <i>Ananas comosus</i><br>var. <i>comosus</i> ] stem)   | 3,839 FCC PU      |
| Cellulase  | 6.71 FCC CU       |
| Dipeptidyl-peptidase IV  | 10.93 FCC HUT     |
| <i>alpha</i> -Galactosidase  | 0.1013 FCC GalU   |
| Glucoamylase   | 0.2666 FCC AGU    |
| Hemicellulase  | 0.1813 FCC HCU    |
| Invertase  | 0.4195 FCC INVU   |
| Lactase  | 2.9013 FCC ALU    |
| Lipase   | 10.66 FCC LU      |
| Maltase  | 0.69 FCC DP       |
| Papain (from papaya [ <i>Carica papaya</i> ] fruit)                                | 2,133 FCC PU      |
| Pectinase  | 0.32 FCC endo-PGU |
| Phytase  | 0.0133 FCC FTU    |
| Protease I   | 220.99 HUT        |
| Protease II  | 23.99 HUT         |
| Protease III   | 0.304 SAP         |

### Other ingredients:

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

V0703-R1 · NPN 80107848

### Directions of use:

**Adults:** Take 1 capsule twice daily with a meal or as directed by your health-care practitioner. Take with the first bite of food/meal.

### Duration of use:

Consult a health-care practitioner for prolonged use.

Manufactured under strict GMP (Good Manufacturing Practices).

HP2584

