

D-Calcium Pantothenate for Acne Therapy - An Entirely New Category in Skin Care

Co-enzyme A is needed to break down fatty acids in the body. When, levels of co-enzyme A are low, the efficient breakdown of fatty acids is thus impaired which leads to excessive accumulation of fatty acids in the blood stream. The fatty acids are deposited into the sebaceous glands (sweat glands) and secreted as oil, giving the skin an oily complexion.

Co-enzyme A is also needed for sex hormone synthesis. When the levels of sex hormone are low, the body has to make use of what co-enzyme A is available for sex hormone synthesis (as hormone synthesis is given priority; without it, sex organs do not develop) and hence this causes the build-up of fatty acids.

This explains why teenagers are more prone to acne than adults; at that age, sex hormone synthesis is at its peak to allow development of sex organs and secondary characteristics such as pubic hair, muscle mass, voice change etc.

The human body can obtain co-enzyme A from 3 sources; adenosine (naturally produced), cysteine (naturally produced) and d-calcium pantothenate, which needs to be obtained from dietary intake. Although the naturally produced adenosine and cysteine are able to cope with supplying the adequate levels of co-enzyme A, at time of high demand dietary intakes of d-calcium pantothenate are needed to quench this demand.

Treatment Regime

1. For the first five days of treatment, 5 capsules are usually taken twice a day; this equates to 10 capsules per day.
2. After the first five days, 5 capsules are to be taken 4 times a day (equates to 20 capsules per day) for 3 months.
3. After three months, maintenance therapy can be started and this ranges from 4-15 capsules per day. Maintenance therapy can be titrated according to the appearance of your skin and how acne-free it is. Gradually reducing the dose from 20 a day down to 10 then eventually 4 capsules per day is quite a good method. If flare-ups are experienced, this means you have gone below your individual maintenance dosage; increase to the amount taken before the last reduction.

One may ask why, the doses of d-calcium pantothenate, are so high. Well, the purpose of taking 20 capsules per day is to kick-start the body to produce co-enzyme A. After the levels of co-enzyme A are high, (after about three months), they can then be reduced to a maintenance therapy levels; as explained above.

Efficacy

The use of d-calcium pantothenate has been shown to be over 90% effective in a medical study. But one thing to note is that efficacy comes with compliance!

In some people, improvements can be seen at 2 weeks of therapy whilst others this can take somewhat longer.

During the first week of treatment, some customers have noticed that their acne has increased. Although the reason for this is not entirely known, this should not act as a deterrent; this usually disappears after 1-2 weeks.

Safety

Being an all-natural water soluble vitamin, d-calcium pantothenate is safe to take in high quantities. The body will just excrete the surplus amounts through the urine. The only contra-indication worthy of note is that d-calcium pantothenate should not be taken when pregnant/ breast feeding.

Side Effects

1. Loosening of stool (reported as the main side effect) The stool consistency is half way between normal and diarrhoea
2. Mild stomach irritation (occasional)
3. Possible headaches. This may occur at the start of treatment and gradually subsides
4. Must not be taken when pregnant or when breast feeding!

If side effects do occur, then please reduce the number of capsules being taken or discontinue and consult your local doctor for advice.

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About the Author

Asanka Samaranayake (BSc Hons Neuroscience) and Darren Patten (Bsc Hons Surgery & Anaesthesia) have a specialist interest in microdermabrasion and provide you with an indispensable resource at

http://www.micro-derm-abrasion.net/Acne/Microdermabrasion_Acne_Vitamin_B5.html