

Acne vulgaris is the most common inflammatory pilosebaceous disease of the skin and is believed to be caused by a defect in lipid metabolism resulting in a deficiency of vitamin B-5 (Pantothenic Acid). It is characterized by pustules, inflamed nodules and cysts.

Clinical Trial: 100 hundred patients of Chinese descent were included in a study, 45 males and 55 females. They were given 10 grams of pantothenic acid (Vitamin B-5) a day in four divided doses. The patients were also asked to apply a cream consisting of 20% by weight of pantothenic acid to the affected area, four to six times a day. With this treatment regimen, the response was prompt and impressive.

There was a noticeable decrease in sebum secretion on the face usually 2-3 days after initiation of therapy. The face became less oily. Normally, the condition is in complete control in about eight weeks. For those patients with severe acne lesions, complete control may take months. In some cases it may be necessary to step up the dose to 15-20 grams a day.

With this form of treatment, another striking feature is the size of the facial skin pore, which becomes noticeably smaller. Like sebum excretion, the pores will continue to shrink until the skin becomes finer.

A maintenance dose will not only act as a preventative measure against sporadic eruption, and likely improve the general health of the patient.

Suggested protocol

Take ½ teaspoon (2 ½ grams) of **Vitamin B-5** four times daily.

Apply **Vitamin B-5 cream** four to six times daily to affected area.

Take three **FISHOL E.C.** (Omega3) daily (an essential fatty acid).

Take 1 **Tin-N-Zinc** capsule 3 times daily. Use **Solu-Zinc** on affected areas.

Take two "**BEST**" Vitamin and Mineral supplement daily.

Biotin 1 mg and Niacin 100 mg three times daily

Exercise and drink plenty of fluids.