

Essentials

Our P-Aminobenzoic Acid or Vitamin B10, is a high quality ingredient from selected sources and carefully approved by LEHVOSS.



PRODUCT PROFILE SHEET

Para-Aminobenzoic Acid (also called PABA or Vitamin B10) is an organic compound, or coenzyme, found in certain foods that can also be produced chemically.

It is considered part of the **vitamin B complex**, although it is not a vitamin nor an essential nutrient. It is naturally present in plant-based foods nevertheless, supplementation may be the best option to target specific amounts of this active ingredient.

While research suggests that PABA may aid in hair maintenance and skin health, it is more commonly known as a 'vitamin within a vitamin' as it **aids the production of folate**^{1,2} (vitamin B9) in the body.

Product Advantages

- ✓ High Quality Ingredient
- ✓ From selected approved partners
- ✓ Qualified and approved by our Regulatory team
- ✓ Technical and Commercial support from our expert teams
- ✓ Suitable for Vegetarians & Vegans
- ✓ Kosher Certified

Research

PABA seems to be beneficial to maintain **healthy hair** by reducing **hair loss** and decreases **greying of hair** in both men and women.

A systematic review on the effects of PABA has suggested an anti-greying effect on

the hair^{3,4}. Several trials took place using PABA supplementation, each concluding that participants' hair appeared to be growing back more densely, and also darker from roots down after a period of time.

Research has shown that PABA may have the potential to **aid skin-related disorders**⁵. A retrospective study in 467 people with scleroderma found that 90% of those who received PABA experienced skin-softening.

To date few clinical studies have experimented with PABA. However, PABA food supplements are quite popular on the market and part of most of the B-complex formulations.

It seems to be commonly known that poor intake may lead to balding, constipation, depression, digestive disorders, headache, irritability, fatigue and anaemia.

Product Dosage

At present, PABA does not have an RDI (recommended daily intake). Depending on the application food supplements on the market show a dosage range between 100 mg to over 1000 mg per day.

About



LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

References

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3. C J D Zarafonitis, [Darkening of gray hair during para-amino-benzoic acid therapy](#). [PDF], *PubMed, J Invest Dermatol.* 1950 Dec;15(6):399-401. doi: 10.1038/jid.1950.121.
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5. C J Zarafonitis, L Dabich, et al., [Retrospective studies in scleroderma: skin response to potassium para-aminobenzoate therapy](#), *PubMed, Clin Exp Rheumatol.* 1988 Jul-Sep;6(3):261-8.

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