

Table 1. Pantethine's reported impact on lipid parameters in patients with Frederickson's type IIa, IIb, and IV dyslipidemia.

Type	Pantethine's Impact
IIa	decrease total cholesterol decrease LDL-cholesterol decrease VLDL-cholesterol decrease triglyceride decrease Apo-A increase HDL-cholesterol increase Apo-A
IIb	decrease total cholesterol decrease LDL-cholesterol decrease VLDL-cholesterol decrease triglyceride decrease Apo-B increase HDL-cholesterol increase Apo-A
IV	mixed results with total cholesterol mixed results with LDL-cholesterol decrease VLDL-cholesterol decrease triglyceride decrease Apo-B mixed results with HDL-cholesterol

Cataract Protection: In several animal models, preliminary studies have indicated pantethine can inhibit cataract formation.¹⁴⁻¹⁶

Detoxification: Acetylation reactions utilizing acetyl-CoA are an important component of the phase II detoxification system. The compounds typically metabolized by acetylation reactions include aliphatic amines (such as histamine and mescaline), aromatic amines (such as sulfonamide), hydrazine and hydrazide, and certain amino acids (such as phenylcysteine). Because of its biochemical position as the most stable supplemental form of an immediate precursor to CoA, pantethine might be able to play an important role in the metabolism of some xenobiotic compounds.

Impact on Adrenal Function: Pantethine appears to exert a positive influence on some indicators of adrenal function. Administration of pantethine to 20 humans with a variety of clinical conditions was reported to buffer the increase in 24-hour urinary 17-hydroxycorticosteroids and plasma 11-hydroxycorticosteroids stimulated by a loading dose of adrenocorticotrop hormone.¹⁷

Toxicology

Although digestive disturbances have occasionally been reported in the literature, the majority

of researchers have commented on the complete freedom from side-effects and subjective complaints experienced by individuals taking pantethine.

Dosage

The most common oral dosage used in the treatment of dyslipidemia is 300 mg three times per day.

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