

Food Sources of Pantothenic acid

Energy drink (pantothenic acid-fortified)	Breakfast cereal (pantothenic acid-fortified)	Liver	Formulated bar (pantothenic acid-fortified)
Water (pantothenic acid-fortified)	Infant formula (pantothenic acid-fortified)	Mushrooms (except maitake and morel)	Kidney
Giblets	Pancreas	Protein shake (pantothenic acid-fortified)	Nutrition shake (pantothenic acid-fortified)
Heart	Abalone	Whey protein powder isolate	Emu meat
Brain	Caribou meat	Thymus	Goose meat
Trout	Sunflower seed kernels	Chocolate drink (pantothenic acid-fortified)	Liver cheese
Country-style pork ribs	Braunschweiger (a liver sausage)	Atlantic salmon	Duck meat
Pork Boston butt	Egg yolks	Veggie burgers (pantothenic acid-fortified)	Whey
Cream of potato soup	Chicken meat	Liver sausage	Liverwurst spread
Veal whole shoulder (arm and blade)	Veal sirloin	Northern lobster	Sockeye salmon (not canned)
Cream of celery soup	Chicken liver pate	Veal arm	Veal shank (fore and hind)
Turkey meat	Omelet	Pork sirloin	Ostrich meat
Bison chuck shoulder clod	Chicken strips or fingers	Coho salmon	Veal blade
Scrambled eggs	Pork stomach	Pork center loin	Veal tongue
Veal rib	Bison top round	Pork loin blade	Protein bar (pantothenic acid-fortified)
Bison top sirloin	Pork arm picnic	Safflower seed kernels	Veal top round
Pork top loin	Spleen	Bluefin tuna	Beef outside skirt steak
Fireweed leaves	Pink salmon (not canned)	Beef top blade steak	Rice bran
Chicken and rice	Beef lungs	Veal loin	Elk meat
Pheasant meat	Lamb tenderloin	Guinea hen meat	Pacific herring
Gjetost cheese			