

# PABA

(para-aminobenzoic acid)

Compiled by

Campbell M Gold

(2009)

CMG Archives

<http://campbellmgold.com>

--()--

## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

--()--

**PABA** (para-aminobenzoic acid) is antioxidant that mops up free-radicals, or "loose electrons", which cause cumulative cellular damage and are implicated in the aging process. Para-amino benzoic acid (PABA) is a natural, water-soluble co-factor of the B group vitamins. As an antioxidant, it can neutralize singlet oxygen, and it can block the harmful effects of ultraviolet rays.

Further, PABA may play a role in reducing fatigue, limiting the effects of depression (which can be brought on by a PABA deficiency) and reducing the inflammatory effects associated with osteoarthritis.

PABA also assists in the formation of erythrocytes (red blood cells).

Moreover, PABA has been found to reduce the onset of wrinkles, keep skin smooth, and even restore greying hair to its original colour.

--()--

### Dosage

Take 500 mg to 3,000 mg daily.

End

--()--

<http://campbellmgold.com>

19022009/1