

What We Used: How Grace Cleared Her Cystic Acne

Vitamin B5 (pantothenic acid), plus the simple routine that went with it.

What happened

It started in Grace's freshman year of high school. Large patches of acne showed up on both sides of her face. She tried several things, and for a while it worked. Then the cystic acne came.

Grace was already using Curology, but it didn't stop the cystic acne. When we added the B5, that's when the results came, and pretty quickly. We kept doing the rest of the routine too, because honestly, we were too scared to stop.

As her mother, I took a deep dive into everything I could find. I found the B5 study on Reddit. We read the study and decided to go for it.

We are not for or against Accutane. We just think you should try B5 first. If you've already done Accutane and are looking for a different solution, give this a try.

Try B5

The study I found was about pantothenic acid, which is vitamin B5. Adults with mild to moderate acne took 2.2 grams of pantothenic acid a day for 12 weeks, and they had significantly fewer blemishes than the placebo group. It was also well tolerated.

Yang M, et al. "A Randomized, Double-Blind, Placebo-Controlled Study of a Novel Pantothenic Acid-Based Dietary Supplement in Subjects with Mild to Moderate Facial Acne." *Dermatology and Therapy*, 2014;4:93–101. [doi:10.1007/s13555-014-0052-3](https://doi.org/10.1007/s13555-014-0052-3)

Grace's acne was severe and cystic, so we went higher than the study, which people call "megadosing." That is what Grace did, not a recommended dose. I am not a doctor. This is what we decided to try after reading it, not a recommendation and not a promise it will work for you.

How she took it

She took 500 mg pills. She started at 1 gram the first day, then 2 grams the next day, then 3 grams, then 4 grams, and kept adding 1 gram a day until she reached 10 grams.



She noticed a real improvement about 3 weeks in. She stayed at 10 grams for about 2 weeks, then came back down the same way. She still takes 1 or 2 grams a day, depending on her cycle. She spread the pills through the day, with water, not all at once.

Before & After

These are real photos of Grace. It was painful, physically and emotionally.

Before



After



Please check with your doctor or dermatologist first

This is what we did for Grace. It is not medical advice, and it is not a promise it will work for you. I am not a doctor. Please check with your doctor or dermatologist before trying any of this, including the B5, the other vitamins, and the amounts listed here. This is extra important if you are pregnant, nursing, or on medication.

How it turned out

~3 weeks

to a real improvement

~3 months

to completely stop getting cystic
acne

Almost 8 years

and she's had just ONE since

Overall, it took about 3 months to completely stop getting cystic acne. Since then, she's had ONE, which went away as fast as it came. It's been almost 8 years.

The other things she did in tandem

Pantothenic Acid (B5)

The main thing. See "How she took it." *Grab two (or three)! At up to 20 pills a day, one bottle of 100 goes fast.*

WE USED The Vitamin Shoppe Pantothenic Acid 500 mg

OR Solaray Pantothenic Acid 500 mg, 250 count (Bigger bottle option. We haven't tried this one, so we can't vouch for it, but it has 250 in a bottle.)

Sulfur soap

For the first few weeks.

WE USED JOESOEUF Sulfur Acne Soap

Then a gentle bar

After the first few weeks, switch over.

WE USED Dove Sensitive Skin Beauty Bar

Pat dry with paper towels

Pat dry, not a cloth towel.

WE USED Bounty paper towels

Zinc

As directed on the label.

WE USED Solaray Zinc 50 mg

Medical grade patches

To extract the pus away from the face.

WE USED DuoDERM Extra Thin (or Hero Mighty Patch Original as a simpler pimple patch)

Vitamin D

10,000 IU once a day, at lunch with food. Check with your doctor first.

WE USED Bronson Vitamin D3 10,000 IU

Vitamin C

If you are not on antibiotics, take 2,000 mg daily. If you are on antibiotics, finish the course, then take vitamin C.

WE USED NatureWise Vitamin C 1000 mg

Witch hazel

Soak cotton rounds and carry them in a baggie. Swipe your face a couple times a day, as needed.

WE USED Dickinson's Witch Hazel Pore Perfecting Toner

Curcumin (turmeric)

As directed on the label.

WE USED Sports Research Turmeric Curcumin with BioPerine

A good moisturizer

Oil free.

WE USED Tatcha The Water Cream (pricey but very good)

Probiotic

A decent probiotic. Double the dose for the first month.

WE USED Davinci Labs Mega Probiotic ND

Cotton rounds

Simple cotton ones, for the witch hazel.

WE USED plain cotton rounds

No dairy

If possible.

Change pillowcases every night

We got a bunch at yard sales and Goodwill.

Grace's Daily Routine

Here is what a normal day looked like for Grace, from morning to bedtime.

Supplements, 4 times a day

Morning	Lunch WITH FOOD	Dinner WITH FOOD	Bedtime
B5, curcumin, probiotic, vitamin C, zinc	B5, curcumin, probiotic, vitamin C, zinc + vitamin D (10,000 IU). Once a day, here, because it should be taken with food.	B5, curcumin, probiotic, vitamin C, zinc	B5, curcumin, probiotic, vitamin C, zinc

- The probiotic is one pill each time.
- Only the B5 was megadosed. She split her B5 for the day across these four times, following the steps on page 1 ("How she took it").
- Everything else is as directed on the label.

Please check with your doctor or dermatologist before starting any of these, and about the amounts.

Washing routine

3 times a day, without fail.

1. Wash her face with the sulfur soap.
2. Pat dry with paper towels, not a cloth towel.
3. Witch hazel.
4. Moisturizer.
5. **At night:** her Curology custom formula, after the moisturizer.
6. **Overnight:** cut small pieces of the medical grade patches (DuoDERM Extra Thin) and wear them overnight.

Once things calm down: switch to the Dove soap and the regular pimple patches.

On the go

She carried cotton rounds soaked in witch hazel in a baggie, and swiped her face a couple times a day, as needed.

Every night

A fresh pillowcase every night.

Shop What We Used



Everything is in one list on Amazon.

Scan the code with your phone camera, or tap the button.

Open Grace's Amazon List →

https://www.amazon.com/shop/sg_love/list/1GMSDLG1Q9K3O

- **Pantothenic Acid (B5):** The Vitamin Shoppe Pantothenic Acid 500 mg (100 count)
Grab two (or three)! At up to 20 pills a day, one bottle of 100 goes fast.
Bigger bottle: Solaray Pantothenic Acid 500 mg, 250 count. We haven't tried this one, so we can't vouch for it, but it has 250 in a bottle.
- **Sulfur soap:** JOESOEUF Sulfur Acne Soap
- **Then a gentle bar:** Dove Sensitive Skin Beauty Bar
- **Paper towels:** Bounty Select-A-Size
- **Medical grade patches:** DuoDERM Extra Thin (or Hero Mighty Patch Original as a simpler pimple patch)
- **Zinc:** Solaray Zinc 50 mg
- **Vitamin D:** Bronson Vitamin D3 10,000 IU
- **Vitamin C:** NatureWise Vitamin C 1000 mg
- **Probiotic:** Davinci Labs Mega Probiotic ND
- **Curcumin:** Sports Research Turmeric Curcumin with BioPerine
- **A good moisturizer:** Tatcha The Water Cream (pricey but very good)
- **Witch hazel:** Dickinson's Witch Hazel Pore Perfecting Toner
- **Cotton rounds:** plain 100% cotton rounds

As an Amazon Associate I earn from qualifying purchases. Prices change, so check the list for current prices.

If you need a prescription: Curology

Grace used Curology, mainly the custom formula they make for you personally. She also ordered antibiotics and one of their moisturizers through it. She still uses their products, but not often. It's an online dermatology service you pay for by subscription. If you need antibiotics or a prescription, you can sign up there.

curology.com

Curology is not on Amazon and is not part of the list above.

One more time: check with your doctor or dermatologist

This is what we did for Grace, not medical advice. Please check with your doctor or dermatologist before trying any of this, especially if you are pregnant, nursing, or on medication.

I hope this helps you or someone you love the way it helped Grace. Try B5 first. ♥