

SNo	Province	Capital	Area (km²)	Population (2014 census)
1	Bocas del Toro	Bocas del Toro	4,657.2	125,461
2	Chiriqui	David	6,490.9	416,873
3	Cocle	Penonome	4,949.6	233,708
4	Colon	Colon	4,575.5	241,928
5	Darien	La Palma	11,892.5	48,378
6	Herrera	Chitre	2,362.0	109,955
7	Los Santos	Las Tablas	3,809.4	89,592
8	Panama	Panama City	11,289.4	1,713,070
9	Veraguas	Santiago de Veraguas	10,587.5	226,991

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Original source : en.wikipedia.org/wiki/Provinces_of_Panama