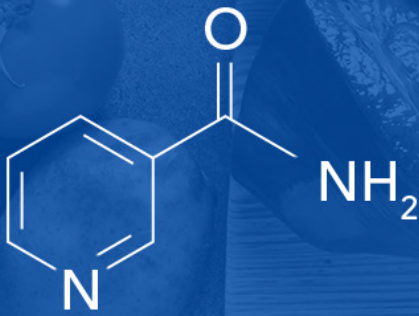


Vitamin B3

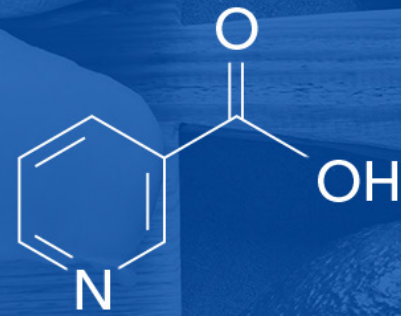


Vitamin B3 (NIACIN), an essential human nutrient also known as Vitamin PP (Pellagra Preventive factor), derives its name from English **nicotinic acid vitamin**. It is reported as a sum of two most common forms of niacin in food and supplements, Nicotinamide and Nicotinic Acid, determined by HPLC with PDA detection.

Nicotinamide



Nicotinic Acid



Functions/Health effect:

The key role of niacin in our body is to synthesize the coenzymes nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP), involved in over 400 biochemical reactions in our body – mainly related to obtaining energy from the food we eat. Niacin is also involved in DNA repair.

As a supplement, niacin may help lower cholesterol, ease arthritis, boost brain function, improve skin health, and help treat the type 1 diabetes. As a treatment, higher amounts of niacin can improve blood fat levels. It can boost levels of “good” HDL cholesterol and lower triglycerides. Niacin also modestly lowers “bad” LDL cholesterol.

Sources:

Niacin is found in many of foods, both animal- and plant-based, including fortified packaged foods, meat from various animal sources (beef, beef liver, pork, poultry), seafoods, and spices.

Vegetarian and vegan diets can provide adequate amounts if products such as nutritional yeast, peanuts, peanut butter, tahini, brown rice, mushrooms, avocado and sunflower seeds are included. Fortified foods and dietary supplements can also be consumed to ensure adequate intake.

Did you know that?

Some countries require its addition to wheat flour or other food grains, thereby reducing the risk of pellagra (a disease caused by niacin deficiency and typically associated with poverty, malnutrition or malnutrition secondary to chronic alcoholism).

In 1942, when flour enrichment with nicotinic acid began, a headline in the popular press read “Tobacco in Your Bread.” In response, the Council on Foods and Nutrition of the American Medical Association approved the use of new names - niacin and niacin amide - to dissociate nicotinic acid from nicotine, to avoid the perception that vitamins or niacin-rich food contains nicotine, or that cigarettes contain vitamins.

Food
division

