

Vitamin B3

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Vitamin B3 Latest News

A clinical trial is exploring whether high doses of vitamin B3 could give patients with glioblastoma a better chance against aggressive brain cancer.

About Vitamin B3

- Vitamin B3, or **Niacin**, is a **water-soluble vitamin**.
- Water-soluble vitamins **dissolve in water**. **Leftover amounts** of the vitamin **leave the body through the urine**.
- The **body keeps a small reserve** of these vitamins, **but they have to be taken on a regular basis** to maintain the reserve.
- It is **naturally present in many foods**, **added to some food products**, and available as a **dietary supplement**.
- Your **body** gets niacin through food, but it **also makes small amounts from the amino acid tryptophan**, which can be found in protein sources like turkey and other animal foods.

- The two **most common forms** of niacin in food and supplements are **nicotinic acid and nicotinamide**.
- **Functions:**
 - Niacin works in the body as a **coenzyme**, with more than **400 enzymes dependent on it** for various reactions.
 - Niacin **helps to convert nutrients into energy, create cholesterol and fats, create and repair DNA, and exert antioxidant effects**.
 - Due to Niacin's **positive effects on cholesterol levels**, it may help prevent heart disease.
 - Additionally, it may **reduce oxidative stress and inflammation**, which are associated with atherosclerosis, or the hardening of the arteries.
- **Food Sources:** It is found in **many foods, both from animals and plants**.
 - Red meat: beef, beef liver, pork
 - Poultry
 - Fish
 - Brown rice
 - Fortified cereals and breads
 - Nuts, seeds
 - Legumes
 - Bananas
- **Deficiency:**
 - A **severe niacin deficiency leads to pellagra**, a condition that causes a **dark, sometimes scaly rash to develop on skin areas exposed to sunlight**; bright redness of the tongue; and constipation/diarrhea.
 - **Other signs** of severe niacin deficiency include:
 - **Depression**
 - **Headache**
 - **Fatigue**
 - **Memory loss**
 - **Hallucinations**.

News: SD

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