

VITAMIN B3 | NIACIN

Summary of benefits:

Reduces blood pressure (74-76)

Helps protect beta cells in type I diabetics (74,77,78,79).

Improves brain function (74,80,81,82,83,84).

Helps protect skin cells from UV damage (74,85,86)

Increases HDL cholesterol.

Lowers LDL cholesterol and triglyceride levels.

Food sources:

A niacin deficiency is rare since it is found in many animal and plant foods. Some examples include...

- Red meat: beef, beef liver, pork
- Poultry
- Fish
- Brown rice
- Fortified cereals
- Nuts, seeds
- Legumes
- Bananas (130)

Vitamin B3, commonly known as niacin, encompasses two primary forms: nicotinic acid and nicotinamide. Both forms are essential for supporting the activity of numerous enzymes within the body.

Niacin demonstrates significant efficacy in normalizing blood lipid levels. It effectively increases levels of HDL cholesterol (HDL-C) while reducing levels of LDL cholesterol (LDL-C) and triglycerides.

It's hypothesized that niacin supplementation may benefit cognition and longevity. This stems from its ability to elevate cellular nicotinamide adenine dinucleotide (NAD+) levels.

Although niacin normalizes blood lipid levels, its use does not consistently translate to a reduced risk of cardiovascular disease. This may be attributed to the fact that higher doses might induce insulin resistance since it may interfere with insulin's ability to suppress glucose synthesis in the liver. Such an effect might counteract the benefits it offers for blood lipid levels [27]. This is why the dosage is extremely important to achieve the desired effect. The dose provided in Super U is significantly lower than that shown to induce such negative side effects and is proven beneficial barring someone doesn't have a history of liver disease, kidney disease, or stomach ulcers.

Topical application of nicotinamide is sometimes employed for promoting skin health, although it's not as potent as vitamin A in this regard. Nicotinamide is preferred for topical use since it's less likely to cause the skin-flushing effect associated with niacin supplementation.

The flush experienced as a side effect of niacin supplementation (above 30 milligrams) is temporary and innocuous.

Ingesting copious amounts of niacin is ineffective at masking the presence of drugs in urine tests, can cause serious side effects, and shouldn't be supplemented for this purpose [27,28,29,30,31].

To avoid potential complications the recommended maximum daily intake for adults of all ages is 35 milligrams per day (129).

The recommended daily amount of niacin is 16 milligrams, which is a safe-effective dosage likely to provide benefit without any negative side effects. Hence, we opted for just that amount in our

Super U formula to reduce the likelihood of deficiency while providing the aforementioned benefits.

It's important to note that while these statements are based on available information in the scientific literature, it is always advisable to consult with a healthcare professional before making any changes to your supplementation or health routine.

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