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Niacinamide

Patient Information

What is Niacinamide?

There are two forms of vitamin B3. One form is niacin, the other is niacinamide. Niacinamide is found in many foods including yeast, meat, fish, milk, eggs, green vegetables, beans, and cereal grains. Niacinamide is also found in many vitamin B complex supplements with other B vitamins. Niacinamide can also be formed in the body from dietary niacin. Do not confuse niacinamide with niacin, NADH, nicotinamide riboside, inositol nicotinate, or tryptophan.

What are the symptoms of a niacin deficiency?

Symptoms of a mild niacin deficiency include:

- Indigestion
- Fatigue
- Canker sores
- Nausea
- Severe niacin deficiency causes pellagra, which manifests with dermatitis, diarrhea, and dementia (known as the "three Ds")

What are the reported benefits of Niacinamide?

- Helps treat skin rashes, diarrhea, and dementia caused by pellagra
- Helps reduce skin inflammation, acne, rosacea, and psoriasis
- Reduces the risk of developing skin or oral cancers
- Helps prevent and treat insulin-dependent diabetes (type 1 diabetes) in the prediabetic and early stages of the disease
- Helps with osteoarthritis by improving joint flexibility and reducing inflammation
- Decrease pigmentation caused by hyperpigmentation and melasma
- Lowers high phosphate levels
- May help with both hyperphosphatemia and kidney disease when used in combination with other phosphate binders

How does Niacinamide work?

Niacinamide can be made from niacin in the body. Niacin is converted to niacinamide when it is taken in amounts greater than what is needed by the body. Niacinamide is easily dissolved in water and is well-absorbed when taken by mouth.

Niacinamide is required for the proper function of fats and sugars in the body and to maintain healthy cells. However, unlike niacin, niacinamide has no beneficial effects on fats and should not be used for treating high cholesterol or high fat levels in the blood.



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Niacinamide is FDA-approved for the prevention and treatment of pellagra and preferred over nicotinic acid because it doesn't dilate the blood vessels and cause face flushing.

How is Niacinamide taken?

Niacinamide is taken by mouth or applied to the skin for acne, eczema, and other skin conditions. Patients should not drink alcohol while taking Niacinamide.

What should I tell my doctor before taking oxandrolone?

Niacinamide supplements are generally safe to take and can possibly help with various medical conditions. However, before taking any supplements containing niacinamide, it is best to speak with your prescribing health care professional. This will ensure that you know the right dosage to take to help with your health needs and goals.

Speak with your health care professional before taking niacinamide if you:

- Are pregnant or breastfeeding
- Have diabetes
- Have liver disease
- Have gallbladder disease
- Have gout
- Have kidney disease or are on dialysis

It is best to consult your health care professional before taking niacinamide supplements prior to undergoing surgeries or taking any anticoagulant medication because niacinamide reduces your blood clotting.

This is not a list of all drugs or health problems that interact with niacinamide so make sure to tell your prescribing doctor everything you know about your health and any medications that you take, including prescription or OTC, natural products, herbs, and vitamins.

What are the known side effects of Niacinamide?

Niacinamide is generally safe for consumption and for topical use, when taken in the recommended amounts. However, some people may be allergic to Niacinamide. Tell your doctor or get medical help right away if you have any of the following signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

Minor side effects of taking niacinamide supplements are diarrhea, dizziness, itchiness, flatulence, heartburn, and mild headaches. Side effects of applying niacinamide creams are redness, burning, rash, and mild itching. When taken in high doses (more than 3 grams per day) niacinamide can have a negative or even toxic effect on the liver.

It is important that you continue to see your regular medical doctor for your usual health care, tests, and routine health maintenance. We are not replacing your primary physician.