

Vitamins



Vitamin B3

What is it?

Vitamin B3, which is Niacin, is nicotinic acid and nicotinamide. They are precursors to two co-enzymes NAD and NADP that are essential to our bodies' metabolism particularly fat metabolism.

Why do I need it?

You need Vitamin B3 in order to convert proteins, fats and carbohydrates into usable energy. Niacin is required by the liver in order to make cholesterol particularly HDL (the good one). Niacin also supports our DNA, the genetic material that makes us "us". It is necessary for normal insulin activity.

Deficiency of Niacin results in the disease pellagra. Deficiencies are most often found in corn-eating societies in China, Asia and India. In the US, it is found mostly in alcoholics and manifests first by a loss of appetite followed by generalized weakness and irritability. Skin lesions including scaling and intestinal difficulties like diarrhea may be seen.

Some of our supply of Niacin comes from the conversion of tryptophan. A person with poor protein intake will have less tryptophan to convert resulting in a deficiency. The conversion requires Vitamins B1 and B6 and perhaps B2.

Too much Niacin, particularly if taken at once can result in flushing.

Vitamin B3

Vitamins

Where do I find it?

Excellent sources of Vitamin B3 (niacin) include crimini mushrooms and tuna. Very good sources include salmon, chicken breast, asparagus, halibut, and venison.

Asparagus (1 cup)	1.95 mg.
Carrots, raw (1 cup)	1.13 mg.
Chicken breast, 4 oz.	14.41 mg.
Green peas, boiled (1 cup)	3.23 mg.
Tomato, medium, one	1.13 mg.
Tuna- yellow fin, 4 oz.	13.54 mg.

How much do I need?

Adult males: 19 mg. daily

Adult females: 13 mg. daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

