

VITAMIN

B3

Vitamin B3, also known as niacin, is one of the eight B vitamins essential for maintaining good health. Like other B vitamins, niacin is water-soluble, meaning it is not stored in the body and needs to be obtained regularly from the diet. Niacin is found in a variety of foods including:

- Meats: Especially in poultry, beef, and pork.
- Fish: Such as tuna and salmon.
- Legumes: Like peanuts and lentils.
- Whole Grains: Including brown rice, whole wheat, and oats.
- Milk and Dairy: These products often contain niacin, especially when fortified.

Energy Metabolism

Niacin is involved in the conversion of macronutrients from the foods you eat into usable energy.

DNA Repair

It is essential for repairing and maintaining DNA, which is crucial for cell function and growth.

Skin Health

Niacin can help maintain healthy skin and is sometimes used in skincare products.

Cholesterol Regulation

Niacin can help raise levels of high-density lipoprotein (HDL or “good”) cholesterol.

RDA

Male - 16 mg NE

Female - 14 mg NE

