

Vitamin B3 and Skin Cancer

Vitamin B3 (nicotinamide or niacinamide) has been shown to be an effective way of treating solar keratoses (pre-cancers). There is also evidence that vitamin B3 can lower the occurrence of common skin cancers.

How does it work?

*Exposure to ultraviolet (UV) radiation in sunlight increases the risk of skin cancer by damaging the DNA in skin cells, and suppressing the immune system's anti-cancer response.

*The immune system response can be affected by a very small amount of UV radiation — as little as six minutes' sun exposure on a sunny day in summer.

*Vitamin B3 protects against this immune system suppression.

It does not prevent damage to the skin cells caused by UV radiation, so it's still very important to stay sun smart and avoid excessive exposure to sunlight when the UV index is greater than 3.

How to take vitamin B3

The effective dose of vitamin B3 is 500mg Twice a day.

Caution:

B3 should be used with caution in patients with Renal Insufficiency and you should get approval from you Kidney doctor before starting this since Thrombocytopenia (low platelet count) has been reported.

Please note:

Multivitamins and B-complex preparations do not contain this much vitamin B3.

It's important to take the correct form of vitamin B3.

Make sure the tablets are nicotinamide or niacinamide

Do not buy nicotinic acid/niacin, which may cause side effects.

How effective is vitamin B3 for treating solar keratoses or preventing skin cancer?

*Solar keratosis (pre cancers) were reduced.

*Development of new non-melanoma skin cancers (basal cell carcinoma and squamous cell carcinoma) was reduced by 23%.

Vitamin B3 is not a cure for solar keratoses. People with solar keratoses should use one of the other treatments such as a prescription cream or cryotherapy (freezing) in conjunction with vitamin B3 for the best results.

Vitamin B3 does not protect against sunburn. It is not a substitute for sunscreen and other protective measures to reduce UV exposure.

Side effects

Side effects from nicotinamide are uncommon.

Some people experience an upset stomach, nausea or diarrhea.