

Niacin

see also **Vitamins**

General:

Biochemistry: Vitamin B3 (Niacin) is the common expression for the two active substances nicotinic acid and nicotinamide. Niacin requirement is covered by tryptophan which is transformed to niacin in the liver.

Physiology: antioxidative effect in the liver, blood sugar regulation, reduction of fats and cholesterol in blood, cell protection of skin, muscle tissues, nerves and digestive system.

Clinical symptoms: red skin, scaly and hardened (back of the hand, elbow, neck and forearms), chapped lips, glossitis, headaches, states of panic, sleeplessness, lack of appetite, diarrhea, vomiting and flatulences.

Indication: deficiency or over-dosage

Material: 1 ml serum

Preanalytics: light protected dispatch is highly recommended!

TAT: 7-10 days*

Method: LCMS

Units: µg/l

Ref.- range: 14.0 - 52.0

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>