

# Vitamin B3 (Nicotinamide)

## General:

**Biochemistry:** Vitamin B3 (Nicotinamide) 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: 10.0 - 63.0

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