

Vitamin B3 or Niacin

Benefit: Vitamin B3 or niacin or nicotinic acid is essential for proper circulation, healthy functioning of the nervous system and proper protein and carbohydrate metabolism. It is essential for synthesis of sex hormones, cortisone, thyroxin and insulin.

What happens if you body is Deficient with Vitamin B3: A deficiency can lead to skin eruptions, frequent stools, mental depression, insomnia, chronic headaches, digestives disorders and anemia.

Source for Vitamin B3: It is contained in:

1. liver,
2. fish,
3. poultry,
4. peanut,
5. whole wheat,
6. green leafy vegetables,
7. dates,
8. figs,
9. prunes and
10. tomato.

Recommendation (if you take vitamin B3 tables or supplements): The recommended daily allowance is 12 to 20 mg. for adults and 4.8 to 12 mg. for children. Large doses of this vitamin say upto 100 mg. with each meal, preferably together with other B group vitamins, affords relief in case of migraine and high blood pressure caused by nervousness, high cholesterol and arteriosclerosis.