

NICOTINAMIDE FOR SKIN CANCER PREVENTION

Nicotinamide, a form of vitamin B3, has been shown to safely reduce the risk of certain types of skin cancer by up to 20% when taken consistently for 12 months. In addition to lowering skin cancer risk, it has also been found to decrease the number of actinic keratoses (precancers). This benefit is believed to result from nicotinamide's ability to enhance the repair of UV damage in skin.

The typical recommended dose is 500 mg twice a day. Nicotinamide supplements are widely available online, such as on Amazon, and are typically priced around \$20–\$30 for 120 to 180 capsules (enough for 2 to 2 ½ months). It's important to note that the benefits of nicotinamide only exist while you are actively taking the supplement. Once discontinued, the benefits diminish.

Important Considerations:

- Nicotinamide is not a substitute for sun protection. Continue to use sunscreen, wear protective clothing, and avoid peak sun exposure.
- Be sure to purchase nicotinamide, not niacin or niacinamide. While all three are forms of vitamin B3, the evidence supporting skin cancer prevention is strongest for nicotinamide. Niacin and niacinamide may also cause side effects such as flushing and diarrhea.