

# 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. 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.

A recent 2025 study confirmed these benefits and also added another finding: people who had fewer skin cancers in the past saw the largest improvements. This suggests that starting nicotinamide earlier (before multiple skin cancers develop) may give the greatest protection. While researchers are still studying optimal dosing and who benefits the most, the current evidence is strong enough to consider nicotinamide for anyone who has ever had a basal or squamous cell skin cancer.

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. Excess niacin has also been linked to increased inflammation and an elevated cardiovascular risk.