



## VITAMIN B3

(See also [Niacin](#))

Vitamin B3, also known as niacin or vitamin PP (Pellagra Preventive), is water-soluble and heat stable. It is comprised of two constituents: nicotinic acid and nicotinamide, precursor of NAD and the NADP.

Essential in the use of proteins, carbohydrates and fats, it is necessary for growth. It also has a protective action on the skin. Niacin food sources are varied since it is present in the majority of foods in varying quantities: meat and fish, mushrooms, bread, potatoes and cheese.

Vitamin B3 deficiency is described by the term Pellagra (that is why it is called vitamin PP, for pellagra preventive) and its symptoms include headaches, digestive, psychological and haematological signs.