

Niacinamide (no flush vitamin B3)

## Description

To Jesus:

Use this as an aide to your research & share with your appropriate medical professional.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Niacinamide (nicotinamide)

Niacinamide is a no hot flush version of vitamin B3, and a penny per day. It has a mild bitter taste that can be mediated by stevia if taken under the tongue for faster, stronger & longer effect.

Niacinamide appears to turn on mitochondria to increase mental & physical energy & stop cancer, reduce viral infection symptoms including reducing progression to AIDS from HIV infection over seven years in one study & covid symptoms (including kidney injury) in other studies. It appears to reduce liver fat (in a mouse study), triglycerides & vLDL, & increase the good cholesterol HDL that

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helps to clean out arteries. Taken under the tongue, orally or topically it may build keratin & help acne, rosacea & sunburn, and topically wrinkles & most skin disorders. Niacinamide may reduce schizophrenia symptoms by over 50% & may significantly reduce anxiety & depression from alcohol cessation, fat accumulation, arthritis & reduce neurodegenerative disease symptoms like with dementia & Parkinson's.

[mwhp.com/niacin-the-powerhouse-vitamin-you-are-not-hearing-about/](http://mwhp.com/niacin-the-powerhouse-vitamin-you-are-not-hearing-about/)

[curology.com/blog/niacinamides-powerful-benefits-for-your-skin/](http://curology.com/blog/niacinamides-powerful-benefits-for-your-skin/)

Sahin, K., Kucuk, O., Orhan, C. *et al.* Niacinamide and undenatured type II collagen modulates the inflammatory response in rats with monoiodoacetate-induced osteoarthritis. *Sci Rep* **11**, 14724 (2021). <https://doi.org/10.1038/s41598-021-94142-3>

## Dosage

Studies have found the full benefits at 1mg/lb of weight, like 50mg 3x a day if 150lbs. Because 1/4th of a teaspoon can be 500mg, the effective dosage may be 1/32 ts 3x a day for people around 175lbs.

People may be taking enough & getting a fully effective dosage when they feel a large increase in mental & physical energy- mitochondria are fully turned on.

The easiest way most people I know dose is to buy a set of measuring spoons- tad 1/4 ts, dash 1/8 ts, pinch 1/16 ts, smidge

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1/32 ts, drop 1/64 ts & start with a drop 1/64 ts three times a day under the tongue. If they don't feel the full energy effect the next day they increase to the next highest dose until feeling a large boost in mental & physical energy, which means it is fully working. When bought in bulk these daily doses can be less than a penny, which makes niacinamide the cheapest highly effective treatment for cancer, ADHD, diabetes, heart disease, depression etc. existing.

[haidut.me/?s=niacinamid](http://haidut.me/?s=niacinamid)

[ncbi.nlm.nih.gov/pmc/articles/PMC2921576/](http://ncbi.nlm.nih.gov/pmc/articles/PMC2921576/)

[healthline.com/nutrition/niacinamide](http://healthline.com/nutrition/niacinamide)

[oh17.com/2022/07/08/low-dose-niacinamide-has-striking-antiobesity-effects-dr-mercola/](http://oh17.com/2022/07/08/low-dose-niacinamide-has-striking-antiobesity-effects-dr-mercola/)

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