

**Dr. Tomi Wall**

**Instructions for Nicotinamide (or Niacinamide) for Prevention of Non-Melanoma Skin Cancer (Basal Cell, Squamous Cell and Actinic Keratosis)**

Nicotinamide\*, also known as Niacinamide, is a form of Vitamin B3, which is a water soluble vitamin. It has been shown to decrease the risk of skin cancer in multiple studies by enhancing the repair of UV-induced DNA damage. Non-melanoma skin cancers are known to be caused primarily by UV radiation.

Studies show that in people who have had skin cancer, taking nicotinamide can reduce the number of new skin cancers and new actinic keratoses (precancerous lesions) after 1 year.

Nicotinamide also has anti-inflammatory benefits and has been studied to help treat some skin diseases such as rosacea, acne, and melasma.

Nicotinamide is found naturally in meat, fish, nuts, grains, and legumes.

Supplements can be purchased over-the-counter.

The recommended dose is Niacinamide (= Nicotinamide) \*\*\*500mg two times a day (*if you take a 'statin' for cholesterol management, take 500mg once daily only.*)

Do NOT purchase Niacin. Niacin is a different formulation of the vitamin and is used primarily for high cholesterol, not skin conditions. Niacin can cause severe flushing.

<https://www.amazon.com/Natures-Way-Niacinamide-500mg-Packaging/dp/B000I4AIUK>

An alternative supplement which functions *as a sun protectant in addition*: Heliocare Advanced which contains Fernblock PLE with 500mg Nicotinamide. PLE is Polypodium Leucotomos from a fern in Central and South America. It acts as an antioxidant and sunblock. Heliocare helps protect your skin from the effects of free radicals that can cause wrinkles, brown spots and aging.

<https://www.amazon.com/Heliocare-Advanced-Nicotinamide-Supplement-Niacinamide/dp/B07MH34HP4>

**\*Do not take if you are pregnant, have end stage or chronic kidney disease, are taking Carbamazepine or have problems with your platelets.**