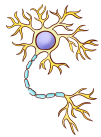


Niacin (B3)

Why do we need it?



- To help the body release energy from food.
- To maintain the health and functionality of the nervous system.
- To contribute to the maintenance of healthy skin.

Daily Recommended Allowance: depends on gender.

Men : **16.5mg**

Women : **13.2mg**



= **9.25mg**

50g of Tuna



= **5.63mg**

100g of Potatoes



= **4.13mg**

100g of Brown Rice

Symptoms of Deficiency

Dermatitis



Nausea



Vomiting

