

# Niacinamide – Vitamin B3

Use Rate - 4%

Water Soluble

- 1) Effective moisturizer
- 2) Treats inflammation
- 3) Helps repair DNA damage caused by UVR and can lessen UVR-induced erythema (E. Jacobson, et al: Optimizing the energy status of skin cells during solar radiation: J. Photochem. Photobiol.:2001: 63: pp 141-147)
- 4) Improves skin firmness, skin tone, fine lines, and wrinkles (P.K. Farris, MD: Cosmeceuticals. A Review of the Science Behind the Claims: Cosmetic Dermatology: March 2003: Vol. 16: No 3: pp 59-66)
- 5) It helps skin resist photodamage and delays onset of certain types of photodamage
- 6) Reduces yellowing, wrinkling, red blotchiness, and hyperpigmentation (Bissett DL, Miyamoto K, Sun P, Li J, Berge CA.)
- 7) Stimulates synthesis of collagen, involucrin, filaggrin and keratin (in vitro) (British Journal of Dermatology: 2000: 143: pp 524 -531)
- 8) Increases biosynthesis of ceramides and other stratum corneum lipids to improve skin barrier (in vivo) (British Journal of Dermatology: 2000: 143: pp 524 -531)
- 9) Decrease hyperpigmentation and increase skin lightness (T. Hazonaki, et al: The effect of niacinamide on reducing cutaneous pigmentation and suppression of melanosome transfer: British Journal of Dermatology:2002:147:pp 20-31)
- 10) enhances cutaneous exfoliation of the skin (P .K. Farris, MD: Cosmeceuticals. A Review of the Science Behind the Claims: Cosmetic Dermatology: March 2003: Vol. 16: No 3: pp 59-66)

Its a favorite ingredient of Dr. Baumann and is on Paula Begoun's A-list of anti-aging ingredients

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Niacinamide makes a fantastic foot cream for Diabetics promoting circulation.