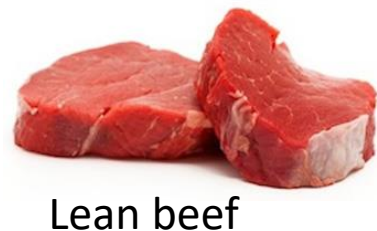
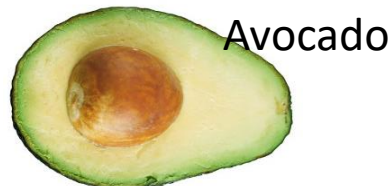
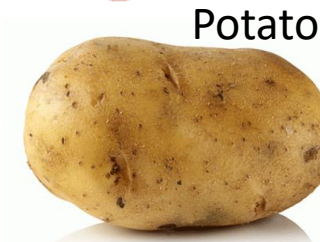


Several recent studies have shown that added oral Vitamin B3 can assist in reducing skin cancers in high risk patients. The Australasian College of Cutaneous Oncology makes the following recommendation:

**Following approval by your doctor, patients at high risk of skin cancer should consider consuming more of vitamin B3 rich foods per day or choosing a vitamin B3 supplement.**

Here are 13 foods that are good sources of B3 (Vitamin B3 is also called niacin or nicotinamide.)



### **TABLETS**

Vitamin B3 is also available as a component in many multivitamin tablets. However, some multivitamins do not contain much B3. Check the label. Make sure your supplement has well over 100mg of B3 in it.

The major study published in New England Journal of Medicine had patients taking 1000mg per day. There are some vitamin preparations at the pharmacy that are very high in B3. Ask your pharmacist.

If you would like further information please ask your doctor or clinic nurse.