

## News Articles Related to MS

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### Vitamin B3 May Be of Value for MS

Using a mouse model of MS, researchers in the Neurobiology Program at Children's Hospital Boston found strong evidence that nicotinamide, a form of vitamin B3, may protect against nerve damage in the chronic progressive phase, when the most serious disabilities occur. Through careful experiments, they showed that nicotinamide protected the animals' axons from degeneration – not only preventing axon inflammation and myelin loss, but also protecting axons that had already lost their myelin from further degradation. The greater the dose of nicotinamide, the greater the protective effect.

The earlier therapy was started, the better the effect, but the researchers hope nicotinamide can help patients who are already in the chronic stage. Nicotinamide significantly reduced neurological deficits even when treatment was delayed until 10 days after the induction of EAE.

### DIRECT-MS Comments

These findings suggest that persons with MS would be wise to use an adequate daily supplement of vitamin B3, often referred to as niacin. Niacin supplements can cause flushing and thus a no-flush variety of niacin is recommended. Dosages of 500 mg to 2 g have been used for lowering cholesterol. High dose niacin can affect the liver and may exacerbate type 2 diabetes and thus one should discuss niacin supplementation with an appropriate professional.

