

# What Is Niacinamide? How to use Niacinamide for best results



Many skincare ingredients have grabbed recognition in the market with their peculiar properties, and the most popular ones include Vitamin C, retinol, glycolic acid, etc. These top ingredients are known for their significant benefits to heal your skin. However, the fact is that these ingredients don't create an ideal match for every type of skin. So, if you wonder, which ingredient can suit every skin type and act as a catalyst for your skincare routine, then Niacinamide is the answer to the question.

Niacinamide uses its properties to endow your skin texture with a great appearance and glow. The demand for this powerful ingredient has urged Niacinamide distributors in India to focus more on supplying this amazing chemical to cosmetic companies, healthcare organizations, and personal skincare.

You might be eager to know more about Niacinamide and how it helps you. Read this blog further to explore the role of Niacinamide in improving every kind of skin concern, which ranges from pimples, treatment for acne, brown spots and other spot treatments, acne scars, and hyperpigmentation, to premature aging marks.

## What Is Niacinamide?

A form of Vitamin B3, with another name 'Nicotinamide', Niacinamide is a water-soluble component. The ideal way to go for Niacinamide is to use skin care products or serums infused with Niacinamide or to consume food supplements or food with Niacinamide daily in adequate amounts.

Scientists speculate that Niacinamide can be beneficial in skincare products since Niacinamide uses the power of triggering two significant co-enzymes in your body cells: Nicotinamide Adenine Dinucleotide Phosphate (NADP+) and Nicotinamide Adenine dinucleotide (NAD+/NADH).

These molecules are the center of the chemical reactions your skin cells require to restore normal functions and repair the damages effectively. Most of these essential reactions don't happen in the absence of NAD+, which can be only produced by your cells with Niacinamide.

## Properties & Features of Niacinamide



### 1. Anti-aging properties

Since Niacinamide is the derivative of Vitamin B3, it is rich in antioxidants that cater to skin protection against free radicals and take remedial action against premature skin aging problems. It triggers lipid production and the capability of the skin to create elastin and

collagen. This creates a smoother, stronger, and more resilient complexion. With regular uses of Niacinamide, the fine lines are tune down gradually.

## **2. Enhances the protecting function & moisturizes the skin**

The substance incorporates a chemical structure with regenerating effects on the damaged skin parts. Vitamin B3 provides support to the body with lipid and ceramides formation. Which are crucial for the guarding function of the skin. An intact skin barrier acts as a shield against moisture loss and offers high resistance against potential external influences. Therefore, the products that contain Niacinamide are suitable for even dry skin types.

## **4. Reduces the appearance of big pores**

When you regularly use the substance, the pores get tightened, in turn minimizing the appearance of large pores. In addition to making the skin look more rejuvenated and even-looking, the foundations or makeup primers are least likely to clog the skin pores.

## **5. Sking-Soothing Features**

Niacinamide aids in skin regeneration and makes sure that your skin is secured against irritations, being a Vitamin B3 derivative.

## **6. Curtails skin impurities & nullifies oiliness**

It controls the production of sebum to further contribute to the T-zone mattifying treatment. Nevertheless, the vitamin incorporated antibacterial properties to effect an even-looking complexion with lesser skin impurities.

## **7. Neutralizes discoloration**

Being a Vitamin B3 derivative, it is efficient in the inhibition of melanin synthesis, and lessens the dark pigmentation marks, thereby elevating the skin radiance.

Note: Higher concentration of Niacinamide can result in temporary skin redness due to the dilation of blood vessels for quite a time. It is suggest to use the products in 1%-5%

concentration of the substance if you are a beginner, while the experts who manage mature skin types can choose serums that have up to 10% concentration.

## **How Niacinamide contributes to your glowing skin**

The demand for Chemical suppliers in Delhi who supply Niacinamide is on the higher side. If you use it in your daily level routine, you can witness a miracle that aids in inflammation reduction, skin moisturization, an increase in dermal collagen, and the creation of supple and younger skin.

While considering the Niacinamide uses, there are many benefits as discussed below.

When you take it as an oral supplement, Niacinamide lowers the inflammation that comes with gentle to moderate acne. It works perfectly where the oral antibiotics won't work. For critical conditions, instead of vitamins, retinoids such as systemic steroids are the treatment choices.

Here is a glance at what Niacinamide does to your skin:

- It helps your skin to develop Keratin which can maintain healthy and stronger skin.
- It enhances your ceramide barrier and stimulates the lipid structure to secure the moisture content and safeguard skin health.
- quickly acts against the hyperpigmentation that comes with excess melanin and brings down uneven skin tone.
- Nurtures your skin against problems like sun-damaged skin and offers protection against oxidative stress.

## **Benefits Of Niacinamide in Skincare**



It is quite surprising to realize that Niacinamide is a type of ingredient that suits all types of skin, regardless of sensitive skin, acne-prone skin, dehydrated skin, or oily skin. Nevertheless, its range of benefits covers many aspects that other substances cannot perform.

It helps in the shrinkage of enlarged pores and supports the pigmentation process. Niacinamide is packed with brightening properties, anti-inflammatory features, and anti-aging benefits. The ingredient lets your skin relax with the resistance to possible irritation or allergies.

**The other benefits of Niacinamide include the following:**

- Skin barrier strengthening
- Enhancement of hydration locking capability of the skin
- Fading the dark marks and dark spots
- Hiding the appearance of the skin pores
- Oil production control
- Skin brightening and radiance
- Aromatic compounds used effectively as hair and skin conditioning agents

Another significant benefit of using Niacinamide is that it reduces the possibility of having skin cancer. It is proven that there existed only 33% fewer new skin cancer cases among the group who received Niacinamide when compared to the other methods.

If you wish your skin to reap these multiple benefits with only one ingredient, then Niacinamide can be your life-saver. The regular application of the substance can let you move forward and get rid of all skincare problems.

# Who can benefit from Niacinamide?

Niacinamide can be used by anyone. It involves the least risk of side effects. It works to neutralize any issues your skin might pose. Being an ingredient that can work with many ingredients together you can add it to your skincare routine easily without worrying about the skin type.

For instance, if you have oily skin, Niacinamide can let you balance out the sebum production of your skin, thereby helping your pores to shrink into their normal size.

Its anti-inflammatory properties make it an ideal choice for people who suffer from acne. It can reduce the blotchiness and redness caused by acne and eczema.

Being the best chemical supplier in India Bansal Trading Company is involved in the distribution of Niacinamide to give you the above-listed benefits.

## How to use Niacinamide for best results



Niacinamide can exhibit great results in just one month of usage, but the most significant factor is to use it appropriately and continue to use it to foster healthy skin and skin tone. The substance is friendly and compatible with peptides, Hyaluronic Acid, ceramides, AHAs, BHAs, etc. It acts as a catalyst to enhance your skin when coupled with these substances, contributing to the multiple benefits.

The popular Chemical Distributors in Delhi have been engaged in distributing Niacinamide to be used as the core ingredient in toners, face masks, moisturizers, Niacinamide serums, and face mists.

A facial serum with these properties can help your skin heal as quickly as possible. Ensure you later use the Niacinamide application with a Sun Proof Factor to prevent sun sensitivity. Niacinamide is an excellent ingredient that works well with Zinc, Vitamin C, and Retinol.

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