

Gastrointestinal complications, such as diarrhea and abdominal pain may also occur in patients with pellagra.

Dermatitis

[Dermatologist Examining Rash](#)

Patients with pellagra develop dermatitis, and may notice scaling or cracking of the skin, especially in areas that are exposed to sunlight.

Dementia

[Demented-D-man](#)

Niacin deficiency can have a negative effect on the central nervous system, causing symptoms such as irritability, insomnia, memory loss, and dementia.

Side Effects

Flushing

[Flashlight](#)

In high doses, nicotinic acid can cause vasodilation that leads to flushing or reddening of the skin. This side effect can be prevented by taking aspirin before taking niacin or taking an extended-release form of the niacin.

GI Distress

[GI with Flare-gun](#)

Gastrointestinal complications such as diarrhea and abdominal pain can be a side effect of niacin therapy.

Hepatotoxicity

[Liver with Toxic-green-glow](#)

Niacin may cause liver toxicity. Patients should have their liver enzyme levels checked before and during niacin therapy to monitor for toxicity.