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# Acer b3-a30 specs comparison guide 2020



The ZenPad and other options in this price range generally lack front-facing speakers. As I said at the beginning of this review, though, it's all about what you want to do with your tablet. While I wouldn't try to run a lot of apps on it, it's a solid choice for a kid's inexpensive entertainment system with a large screen. Resource Links: MORE FROM SYMPTOMFIND.COM There are some conditions that niacin or niacinamide can worsen. The Bottom Line The Acer Iconia One 10 (B3-A30-K6YL) is a low-cost 10-inch Android tablet that makes a decent music and video player. It obviously doesn't matter for music playback. This can happen more easily if you're taking prescription drugs for high cholesterol, so make sure to check with your physician before starting a niacin supplement. Loud front-facing speakers. If you're searching for a backseat multimedia companion, take a look at Acer's Iconia One 10 (B3-A30-K6YL) tablet. Pellagra can cause skin irritation, digestive issues and neurological symptoms. Always consult a physician before changing your daily dose of vitamin B3 from the basic recommendation for your age group. Side Effects of Too Much Vitamin B3 Vitamin B3 is a water-soluble vitamin, which means that your body filters it out via urination. There are also many vitamin B3 supplements on the market. I also think 1,280-by-800 resolution is too low on a screen this big. These include your liver, skin and nervous system. I got 6 hours, 22 minutes of video streaming, which is long enough for a day of average use. For broad Android app usage, I prefer the Asus ZenPad Z300M (Opens in a new window), which has less onboard storage (16GB) but more RAM (2GB). Photo Courtesy: People Images/E+/Getty Images While boosting energy is a main function of vitamin B3, another important function is its effectiveness in lowering cholesterol. Subscribing to a newsletter indicates your consent to our Terms of Use and Privacy Policy. In very rare cases, a normal dosage of niacin or niacinamide can cause your skin to become flushed. For watching TV shows, it's not bad, although obviously it won't show 1080p files in full resolution. The 2-megapixel front camera is both soft and noisy, pretty much all the time. For something like reading comics, you'll want more pixels. For the very low price of \$129.99, you get a big 10-inch screen, long battery life, dual-band Wi-Fi, front-facing speakers, and 24GB of available storage. You get about 24GB of the built-in 32GB free by default, and you can enhance that with a microSD card, including using Google's Adoptable Storage mode to make the card look like internal storage to the tablet. That said, it depends on what you intend to use the tablet for. Cons Low-res display. Just as on the Iconia One 8, the cameras here are not good. It's not great, and I kept on bumping up against the 1GB of RAM in the form of stuttering as apps started up, or quit alerts from background apps I didn't even know were running. The 5-megapixel main camera takes noisy pictures indoors, and slightly indistinct pictures full of compression artifacts outside. The most notable physical feature comes in the form of two front-facing speakers, which are rare on an inexpensive device. Tinny sound. To better understand this vitamin, learn more about the uses, side effects and sources of niacin and niacinamide, along with its recommended dosages. What Does Vitamin B3 Do? Just like the other B vitamins, your body needs niacin and niacinamide to convert food into energy through a series of complex metabolic reactions. Some people with high cholesterol are prescribed a supplement with significant levels of niacin that they can take alone or in combination with other medications. However, people who are experiencing malnourishment or who have alcoholism may be at a higher risk for developing pellagra due to dietary insufficiencies. Dual-band 2.4GHz and 5GHz Wi-Fi is a big plus for this tablet. There is no longer a live trading floor to visit, but the lobby serves as a de facto museum, with small artifacts, a mock trading floor and an eight-minute self-congratulatory explanation of the Brazilian stock exchange in 3D! No new notifications You'll get updated when important things are happening, and when you engage with our community. Performance The Iconia One 10 uses the same 1.3GHz MediaTek 8163 processor you see in the Iconia One 8 (\$66.99 at Amazon) (Opens in a new window) and in Amazon's Fire HD 8 (\$66.99 at Amazon) (Opens in a new window), and as the screen resolution is the same here as it is on those smaller tablets, performance is the same, too. The tablet runs Android 6.0 Marshmallow with Acer's skin and a boatload of bloatware. This can help you wake up more easily or get through your day without feeling sluggish. Here in PC Labs, we have a slow 2.4GHz network and a fast 5GHz one. While there are niacin dietary supplements, these usually contain no more than half of what a prescription drug does. Latin America's largest stock exchange. That typically prevents any problems with overdoses of vitamin B3. Some are found in supplements that contain a variety of B vitamins, while others are more concentrated with niacin specifically. Sign up for Lab Report to get the latest reviews and top product advice delivered right to your inbox. Be sure to consult a physician if you're at risk for any of these conditions. You should consult your physician before starting a niacin supplement, particularly if you're already taking a cholesterol-lowering prescription medication. Battery life, I'm happy to say, is another bright spot. You may unsubscribe from the newsletters at any time. The speakers are tinny, almost completely lacking in bass, and they muddle complex compositions like M83's "Midnight City." The headphone amp also isn't very powerful, so it doesn't give a lot of depth to bass. The low pixel density (151 pixels per inch) makes things look fuzzier than they ought to be, and tires the eyes out; I'd really prefer to see 1,920 by 1,080 or higher. Because of this vitamin's contribution to energy production, eating foods rich in vitamin B3 may lead to a slight natural boost in energy. Before foods were fortified with niacin, pellagra occurred more commonly than it does today. However, only vitamin B3 in the form of niacin is effective in this way, not niacinamide. There's a chromed plastic cover over the rear 5-megapixel camera that unsnaps to reveal the microSD card slot and micro USB port. That's not to say it's very high-quality sound. Poor cameras. This newsletter may contain advertising, deals, or affiliate links. Speak with your doctor before adding any of these supplements to your daily routine. Food Sources of Vitamin B3 Most people consume adequate amounts of niacin and niacinamide simply by eating a balanced diet. That's one of the reasons I suggest sticking to music and video playback and basic Web browsing here as opposed to gaming. Going on a long trip? Comparisons and Conclusions The Iconia One 10 goes up against various low-cost tablets in the \$150 range from Asus, Lenovo, and RCA. Fortunately, all but the Acer utilities are uninstallable. Design The Iconia One 10 (\$66.99 at Amazon) (Opens in a new window) is a big hunk of plastic with a textured back. However, extremely high levels of niacin in your body can cause serious health problems. If you have liver disease, kidney disease, stomach ulcers or intestinal ulcers, you should avoid vitamin B in excess. Photo Courtesy: supersizer/E+/Getty Images B vitamins, which are water soluble, help maintain the health of many systems and organs in your body. Some of our benchmarks simply wouldn't complete because of the lack of memory. The reason is that you can add storage with a microSD card (and even make it look like internal storage), but you can't do anything about a tablet's RAM, which caused various crashes and out-of-memory errors on the Iconia One 10. These conditions are generally cause for a higher recommended daily dosage. The 720p front-facing camera drops to 13 frames per second indoors, which doesn't make for comfortable video chats. The main camera records 1080p video, but frame rates drop as low as 15 frames per second in indoor lighting, which is too jerky. The 10-inch LCD isn't dim, but the cheap plastic covering it is highly reflective and easily attracts smudges. Acer Iconia One 10 (B3-A30-K6YL) Pros Affordable. Pellagra is a condition caused by a deficiency in niacin and an amino acid called tryptophan. Video recording is similarly lackluster. If you're looking to keep your kids occupied on a long car ride, the Iconia One 10 is a solid choice. Long battery life. Vitamin B3 is found in many common foods, such as: Photo Courtesy: Nigel O'Neil/Moment/Getty Images Nutritional yeast Meat and fish Peanuts Bacon Brown rice Avocado Potatoes If you take an extra moment to read food labels while grocery shopping, you may also notice that many foods are fortified with additional niacin. Just as there are dangers in getting too much vitamin B3, not getting enough can also harm your health. It comes with the entire Microsoft Office suite, a Kids mode, some Acer cloud storage applications, and the Opera Max browser. If left untreated, pellagra can eventually cause dementia. These can provide even more opportunities for you to incorporate this vitamin into your diet. Daily Dosage Recommendations for Vitamin B3 The recommended daily dosages for niacin and niacinamide vary based on age, sex and pregnancy or lactation status. Vitamin B3 in particular, also known as niacin or nicotinic acid, is an important coenzyme that plays a vital role in many metabolic reactions that take place throughout your body. Photo Courtesy: Paul Bradbury/OJO Images/Getty Images Age 0-6 months: 2 milligrams (mg) Age 7-12 months: 4mg Age 1-3 years: 6mg Age 4-8 years: 8mg Age 9-13 years: 12mg Age 14 and older: 14-16mg, 17mg if lactating and 18mg if pregnant The conditions that may require differing amounts of vitamin B3 include high cholesterol, diabetes, osteoarthritis, Alzheimer's disease and cataracts. If you don't mind a smaller screen, the 7-inch Amazon Fire (\$66.99 at Amazon) (Opens in a new window) is less than half the price and our Editors' Choice for low-cost tablets. Photo Courtesy: Phynart Studio/E+/Getty Image Side effects associated with large doses of niacin include skin flushing, peptic ulcers, skin rashes, diarrhea, tachycardia (fast heart rate) and liver damage. Therefore, only the prescription niacin drugs (not solely dietary supplements) are effective for lowering cholesterol levels. Other conditions may be brought on by niacin or niacinamide, including gallbladder disease, stroke and gout. The Iconia One 10's front facing speakers are one of its greatest strengths, pushing loud sound straight at you. You might also experience dizziness, intestinal gas or abdominal pain. Performance doesn't match a high-end tablet like the Galaxy Tab S2 (\$66.99 at Amazon) (Opens in a new window) on either network, but low-end tablets often lack 5GHz, and I was able to get four times the speed on 5GHz that I saw on 2.4GHz. This is all dependent on you having a 5GHz option on your router, but most routers have that nowadays.

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