

**Vitamin B3 Niacin****1000 mg, 100 capsules**

Item Catalog Number: 00096

Niacin is the only B vitamin that can be synthesized in the body from the amino acid tryptophan.<sup>180-183</sup> In its coenzyme forms, niacin is crucial to energy transfer reactions, particularly the metabolism of glucose, fat, and alcohol.<sup>184,185</sup> Niacin's beneficial effects on blood lipids is well documented.<sup>186-201</sup>

**References****Supplement Facts**

Serving Size 1 capsule

Servings Per Container 100

**Amount Per Serving**

Niacin (vitamin B3)

1000 mg

Other ingredients: gelatin, vegetable stearate.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

**Dosage and Use**

- Take one capsule daily with meals, or as recommended by a healthcare practitioner.

**Caution**

Temporary flushing, itching, rash, or gastric disturbances may occur. Liver function testing is recommended when niacin is taken in excess of 500 mg daily. Those with gout or liver diseases should avoid taking high doses of niacin.

**Warnings**

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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