

## Niacin Powder (Vitamin B3)

**300 grams**

Item Catalog Number: 00094



Niacin is the only B vitamin that can be synthesized in the body from the amino acid tryptophan.<sup>189-192</sup> In its coenzyme forms, niacin is crucial to energy transfer reactions, particularly the metabolism of glucose, fat, and alcohol.<sup>193,194</sup> Niacin's beneficial effects on blood lipids is well documented.<sup>195-210\*</sup>

### References

### Supplement Facts

Serving Size 1/4 rounded teaspoon (approx. 930 mg)

Servings Per Container approximately 323

### Amount Per Serving

Niacin (Vitamin B3)

930 mg

Other ingredients: none.

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

### Dosage and Use

- Take 1/4 rounded teaspoon one to three times daily with meals, or as recommended by a healthcare practitioner.

### Caution

High doses may produce a pronounced niacin flush, characterized by tingling, reddening, and itching of the skin produced by the release of histamine. Those with liver disease such as hepatitis C or cirrhosis should avoid taking high doses of niacin. Niacin may also irritate the stomach. In order to minimize the flush, take niacin with a meal. In addition, the body generally gets used to the niacin dosage over time and naturally reduces histamine release and the flush. Pure niacin is acidic and may require a buffering agent to be co-ingested if its acidity is unacceptable. When taking niacin, methylating factors such as folic acid, vitamin B12, choline and TMG should also be part of one's supplement program to protect the liver.

### 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.

### Note

This product contains nicotinic acid, not niacinamide. Niacinamide is a form of this B3 vitamin that does not cause flushing, but it also does not affect cholesterol levels.

not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.