

**Vitamin B3 Niacin****500 mg, 100 capsules**

Item Catalog Number: 00372

Niacin is the only B vitamin that can be synthesized in the body from the amino acid tryptophan.<sup>177-179</sup> In its coenzyme forms, niacin is crucial to energy transfer reactions, particularly the metabolism of glucose, fat, and alcohol.<sup>180,181</sup> Niacin's beneficial effects on blood lipids is well- documented.<sup>182-195</sup>

**References****Supplement Facts**

Serving Size 1 capsule

Servings Per Container 100

**Amount Per Serving**

Niacin (vitamin B3)

500 mg

Other ingredients: gelatin, magnesium 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**

Take only under the supervision of your healthcare practitioner. Temporary flushing, itching, rash, or gastric disturbances may occur. If these symptoms persist, discontinue use and consult your healthcare practitioner. Periodic liver function testing and supervision of a qualified healthcare professional are strongly recommended with niacin dosing in excess of 500 mg daily.

**Note**

Niacinamide is another B3 vitamin that does not cause flushing.

**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.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should 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.