

B3 Niacin

Essential nutrient
support

- ENZYME FORM
- HIGH ABSORPTION FORMULA



Vitamin B₃, nicotinic acid, niacin, or inositol hexanicotinate (flush-free form) are water-soluble vitamins necessary for many aspects of health, growth, and reproduction. They are all part of the vitamin B complex and are involved in the oxidative release of energy from food, protect the skin and help improve circulation. Nicotinic acid is an essential component of a mammalian diet. It is the pellagra-preventing factor of vitamin B. The amide, nicotinamide is incorporated into nicotinamide adenine dinucleotide.

Niacin is one of the most stable of the B vitamins. It is resistant to the effects of heat, light, air, acid, and alkali. A white crystalline substance that is soluble in both water and alcohol, niacin and niacinamide are both readily absorbed from the small intestine. Small amounts may be stored in the liver, but most of the excess is excreted in the urine.

Inositol hexanicotinate consists of six molecules of niacin surrounding a molecule of inositol—an unofficial B vitamin. This inositol-bound form of niacin is slowly metabolized in the body and releases niacin over a period of time without the characteristic flush that may occur when large doses of niacin are administered.

Another important fact about vitamin B₃ is that it can be manufactured from the amino acid tryptophan, which is essential (needed in the diet). So niacin is not truly essential in the diet when enough protein, containing adequate amounts of tryptophan, and other nutrients are consumed. When niacin is not present in sufficient amounts, extra protein is needed. Also, when we are deficient in such nutrients as vitamins B₁, B₂, B₆, C, and iron, we cannot easily convert tryptophan to niacin.

Vitamin B₃ is known to:

- Aid in promoting a healthy digestive system;
- Be important for the health of the skin;
- Increase circulation and help reduce blood pressure;
- Lower cholesterol and triglycerides;
- Promote relaxation;
- Facilitate orgasms;
- Act as a mild growth hormone releaser.

Side effects: At doses higher than 2,000 mg/day, niacin has potentially serious side effects that can include liver damage, high blood sugar and irregular heartbeats. As little as 50 mg/day can cause flushing, itching, headaches, cramps and nausea.

Precautions: Don't take niacin if you have impaired liver function or an active peptic ulcer. See your doctor before taking niacin if you have diabetes, gout, gallbladder or liver disease, arterial bleeding or glaucoma. If you're pregnant or breast-feeding, don't take niacin in doses greater than the RDA for pregnant or breast-feeding women.

Each vegetable capsule contains:

Vitamin B ₃ (Niacin)	500 mg
Vitamin B ₁ (Thiamine HCl)5 mg
Vitamin B ₆ (Pyridoxal 5-phosphate)2 mg
Vitamin B ₂ (Riboflavin 5-phosphate)2 mg

Non-medicinal ingredients:

Hawthorn berry p.e. 2% vitexin	10 mg
Blueberry leaves	10 mg
p.e.: powder extract	

Manufactured under strict GMP (Good Manufacturing Practices)

New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com