Peel Here
for more information

PROTOCOL
FOR LIFE BALANCE™

Flush-Free Niacin

500 mg

- Extra Strength
- Hexanicotinate Form

GMP

10% of profits donated for health research

90 Vcaps®

A Dietary Supplement Vegetarian Formula

Supplement Facts

Serving Size 1 Vcap®

Amount Per Serving		% Daily Value
Niacin (from 640 mg of Inositol Hexanicotinate) (Vitamin B_3)	500 mg	2500%
Inositol (from 640 mg of Inositol Hexanicotinate)	135 mg	†

† Daily Value not established.

Other Ingredients: Cellulose (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Rice Flour and Silica.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431
Made in the U.S.A. www.protocolforlife.com

Inositol Hexanicotinate is a stable, non-flushing source of Niacin. This superior source of Niacin works to reduce the common "niacin-flush" problems associated with high doses of Niacin supplements.

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg or preservatives. **VegetarianVeganFormula.**

Vcaps® is a registered trademark of Capsugel.

Store in a cool, dry place. Please Recycle.

SUGGESTED USAGE: As a dietary supplement, take 1 Vcap® daily as needed, preferably with meals. For intensive use, take 1-2 Vcaps® twice daily, under the supervision of a health care practitioner.

Niacin is a water soluble B Vitamin whose main role is to serve as a precursor for two essential biochemical coenzymes, nicotinamide adenine dinucleotide (NAD) and NAD phosphate (NADP). These two cofactors participate in virtually every aspect of the energy production and metabolic processes. Consequently, Niacin nutriture has been shown to impact many areas of human health. NAD functions in reactions involving the degradation (catabolism) of carbohydrates, fats, and proteins to produce energy.* Niacin is also critical for DNA replication and repair, and therefore plays a critical role in genetic stability.* In addition, Niacin has been shown to have a number of beneficial effects on lipid and cholesterol transport, and thus is important for the maintenance of healthy serum lipid levels that are already within the healthy range.* Inositol Hexanicotinate is a stable, non-flushing source of Niacin. This superior source of Niacin works to reduce the common "niacin-flush" problems associated with high doses of Niacin supplements.*

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Caution: Not to be used by pregnant/lactating women or those with liver problems, stomach ulcers or diabetes unless recommended by your healthcare practitioner.

Do Not Eat Freshness Packet. Keep in Bottle.

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Niacin, also called Vitamin B_3, is one of eight water-soluble B Vitamins. B Vitamins, often referred to as B complex vitamins, are essential cofactors for the production of cellular energy from carbohydrate, protein and fats. Niacin is normally found in milk, eggs, meat, poultry, fish, whole grains and other foods that contain protein, although its more convenient use as a supplement has grown dramatically in recent years.

At least 200 enzymes are known to be dependent on Niacin and its active forms, NAD and nicotinamide. Therefore, Niacin nutriture has an impact on many areas of human health, especially in energy and biosynthetic pathways. Niacin has been found to support a healthy nervous system and is critical for the maintenance of DNA stability. In addition, there is extensive clinical evidence that indicates that high-dose Niacin can support healthy serum lipid levels that are already within the healthy range.*

Taking high doses of Niacin can cause a "flushing" sensation, which is not harmful, but may be unpleasant. Protocol for Life Balance™ Flush Free Niacin is a form called Inositol Hexaniacinate, the form of Niacin that has been found to be best tolerated and causes the least flushing symptoms.

Cautions and Interactions

The Institute of Medicine of the NIH has established the Tolerable Upper Intake Level (UL) for all forms of Niacin for adults as 35 mg/day based on flushing as the critical adverse effect. The form of niacin in this product however, is unlikely to cause a flushing response.

High dose Niacin has been associated with liver inflammation. Although some reports suggest that it occurs most commonly with slow-release Niacin, it can occur with any type of Niacin when taken at a daily dose of more than 500 mg (usually 3 g or more). Regular blood tests to evaluate liver function are therefore mandatory when using high-dose Niacin (or Niacinamide or Inositol Hexaniacinate).

The antituberculosis drug Isoniazid (INH) may may increase the need for Niacin.

If you have liver disease, ulcers (presently or in the past), gout, gallbladder disease, or drink too much alcohol, do not take high-dose Niacin except on medical advice.

Combining high-dose Niacin with statin drugs (the most effective medication for high cholesterol) may affect cholesterol profile by raising HDL cholesterol. However, this combination therapy could contribute to the potentially fatal condition called rhabdomyolysis, and should be attempted only under the supervision of a physician.

Niacin may interfere with the absorption of Tetracycline, and therefore the two should be taken at a different times of the day.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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This product contains an Ageless® anti-oxygen packet to enhance protection during storage.