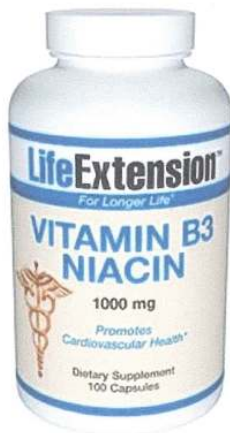


Vitamin B3 Niacin

1000 mg, 100 capsules

1-000-9221-00



Niacin is the only B vitamin that can be synthesized in the liver from the amino acid tryptophan — on average, 1 mg of niacin can be synthesized from the ingestion of 60 mg of tryptophan.¹⁴⁸⁻¹⁵⁰ In its coenzyme forms, niacin is crucial to energy transfer reactions, particularly the metabolism of glucose, fat, and alcohol.^{151,152} Niacin's beneficial effects on blood lipids is well-documented.¹⁵³⁻¹⁶⁶

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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.

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.
- 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.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.