

ACTUAL SIZE

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CODE 0478

V2

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

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives

Niacinamide (Vitamin B-3) is an essential member of the B-vitamin family that must be obtained from the diet. It is the precursor to Niacin, but does not cause the "flush" normally associated with Niacin intake. Niacinamide is a water-soluble vitamin.

SUGGESTED USAGE: As a dietary supplement, take one capsule daily, preferably with a meal.



Niacinamide

B COMPLEX VITAMIN

Vitamin B-3

500 mg

100 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide) (vitamin B-3)	500 mg	2500%

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS

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Made in the U.S.A. www.nowfoods.com

Niacinamide and Niacin are two different forms of vitamin B-3. Niacinamide does not cause a Niacin flush. Niacinamide (B-3) is an essential member of the B-vitamin family.