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*Niacin, also known as Vitamin B-3, is found in foods such as beef, chicken, tuna, peanuts, avocados and potatoes. Niacin as Inositol Hexanicotinate is also known as Flush Free Niacin, which means that you don't experience an uncomfortable "flush" when taking this product.** Niacin promotes heart health, energy metabolism and nervous system health.* Niacin also helps maintain healthy functions of the digestive system and skin, as well as supporting healthy hair!**

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 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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



Prod. No. 1976 B1660 03D

NATURE'S  BOUNTY®

FLUSH FREE

Niacin

Inositol Hexanicotinate

500mg

Promotes:

- ◆ Heart Health*
- ◆ Energy Metabolism*
- ◆ Nervous System Health*



120 capsules

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to two (2) capsules daily, preferably with a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Niacin (as Inositol Hexanicotinate)	400 mg	2,000%
Inositol (as Inositol Hexanicotinate)	100 mg	***

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

**NOTICE: Most people should not experience flushing when using this product. However, a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

No Artificial Color, Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Fish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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