

**Directions:** As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

**Bluebonnet's Flush-Free Niacin 500 mg Capsules** contain pure crystalline flush-free niacin from inositol hexanicotinate. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
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# Bluebonnet®



## Flush-Free Niacin 500 mg



Inositol Hexanicotinate  
Dietary Supplement  
**120 Vegetable Capsules**



### Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Niacin	500 mg	3125
(as inositol hexanicotinate)		
Inositol	88 mg	*
(as inositol hexanicotinate)		

\* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.