

Niacin (Vitamin B3)

Also known as nicotinic acid, niacin is a B vitamin and an essential nutrient.

Suggested Use

As a dietary supplement, 1 capsule two or three times daily with meals, or as directed by a healthcare practitioner.

WARNING: Niacin can cause skin flushing and tingling (the "niacin flush").

DO NOT TAKE LARGE AMOUNTS OF NIACIN (GREATER THAN 1.5 GRAMS PER DAY) WITHOUT FIRST CONSULTING A HEALTHCARE PRACTITIONER.

Keep in a cool, dry place, tightly capped.



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Allergy Research Group

Niacin Vitamin B3



dietary supplement
HYPOALLERGENIC
90 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	90
Amount Per Serving	% Daily Value
Niacin	250 mg 1250%

Other ingredients: Hydroxypropyl methylcellulose, L-leucine.

Lot # 01214 Exp. 12/13

Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com

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