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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AllergyResearchGroup®

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 mgNE	1563%

* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, L-leucine.

Formulated exclusively for Allergy Research Group®
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