

## **Supplement Facts**

Serving Size 1 Tablet

Amount % Daily Value
Niacin (as nicotinic acid) 500 mg 3125%

Other Ingredients: Stearic acid, microcrystalline cellulose, carnauba wax, hydroxypropylcellulose, magnesium stearate, silicon dioxide.

**Directions:** Adults take one tablet daily **at mealtime**. Consult your physician before exceeding recommended use. Keep bottle tightly closed. Store away from heat and moisture.

**Warning:** Do not take if you are pregnant or lactating. Do not take if you have low blood pressure without first consulting your physician.

## ✓ Gluten-free ✓ Preservative-free ✓ Sugar-free

\*If flushing or itching occurs, drinking 1 or 2 glasses of water may alleviate symptoms.

Niacin (vitamin B-3) is an essential B vitamin that's important for properly metabolizing fat and fat-like substances, such as cholesterol.\* Niacin supports energy production, and healthy cardiovascular and nervous system function.\*

Time\* is prepared to minimize or eliminate these side effects by providing a gradual release of Niacin over a period of several hours. Please be aware that a flush may occur.\* Taking this product with warm fluids may enhance this effect.

Niacin may cause flushing or itching, but Niacin-

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## POTENCY & QUALITY GUARANTEED

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