



## Niacinamide B3 Powder

Check with your health professional before use.

Storage: Keep dry, cool & dark

**250g (8.82oz)**

Lot Number:

**Date of manufacture**

## Supplement Facts

Serving Size 500 milligrams

Servings per container: 500

Amount Per Serving	% Daily Value**
Niacin (as Niacinamide) 500 mg	2500%

\* Daily Value not established.

\*\* Based on 2,000 calorie diet

**Other Ingredients:** None

**Free of:** sugar, soy, dairy, yeast, gluten, corn and additives.

**Directions:** As a dietary supplement, take 100 mg (rounded 1/32 tsp) to 500 mg (scant 3/16 tsp) daily with meals, or as directed by physician.

### US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/16 teaspoon	188
1/8 teaspoon	376
1/4 teaspoon	753

**Warning:** This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.