



**Timed-Release to Minimize Flushing** 500 ma

✓ Energy Production\* ✓ Heart Health\* ✓ Nerve Function\* 50 Vegetarian Tablets | 50 Servings

## **Supplement Facts** Serving Size 1 Tablet

Servings Per Container 50

Niacin (as nicotinic acid)

Amount % Daily Per Serving Value

500 mg 3,125%

Other Ingredients: Vegetable waxes (rice bran and/ or carnauba), stearic acid (veg.), magnesium stearate (veq.), 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.

✓ Vegetarian ✓ Gluten-free

✓ No Artificial Preservatives \*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.\* Niacin may cause flushing or itching, but Niacin-

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. \*These statements have not been evaluated by the FDA. This product

Time\* is prepared to minimize or eliminate these

is not intended to diagnose, treat, cure, or prevent any disease.

## **POTENCY & QUALITY GUARANTEED**

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