

Niacin, also known as Vitamin B-3, is found in foods such as beef, chicken, tuna, peanuts, avocados and potatoes. Niacin as Inositol Hexanicotinate is also known as Flush Free Niacin, which means that you don't experience an uncomfortable "flush" when taking this product.** Niacin promotes heart health, energy metabolism and nervous system health.* Niacin also helps maintain healthy functions of the digestive system and skin, as well as supporting healthy hair!*

0 74312 01660 8

No Artificial Color, Flavor or Sweetener, No Preservatives,
No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten,
No Wheat, No Fish. Sodium Free.



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our
money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*These statements have not been evaluated by the Food and
Drug Administration. This product is not intended to diagnose,
treat, cure or prevent any disease.



Prod. No. 1660 B1660 14N JAZ

NATURE'S BOUNTY®

FLUSH FREE

Niacin

Inositol Hexanicotinate 500mg

Promotes:

- ◆ Heart Health*
- ◆ Energy Metabolism*
- ◆ Nervous System Health*



50 capsules

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to two (2)
capsules daily, preferably with a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Niacin (as Inositol Hexanicotinate)	400 mg	2,000%
Inositol (as Inositol Hexanicotinate)	100 mg	***

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Stearic Acid,
Silica, Vegetable Magnesium Stearate.

WARNING: Not intended for use by pregnant or nursing
women. If you are taking any medications, consult
your doctor before use. Discontinue use and consult
your doctor if any adverse reactions occur. Keep out of
reach of children. Store in a cool, dry place. Do not use
if seal under cap is broken or missing.

**NOTICE: Most people should not experience flushing
when using this product. However, a few sensitive
individuals may experience some flushing. Do not take
on an empty stomach.

Carefully Manufactured by
NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A.

©2010 Nature's Bounty, Inc.

