

# Supports Heart Health\*



actual size

**200**  
Capsules

dietary  
supplement

## flush free\*\* **niacin** inositol hexanicotinate capsules, 500 mg

- Supports carbohydrate and protein metabolism\*
- Helps maintain healthy skin and heart\*

Health  
Benefits



Heart\*



Skin\*

**Suggested Use:** For adults, take one (1) capsule daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

### 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. Contains <2% of: Silica, Vegetable Magnesium Stearate.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

\*\*NOTICE: Most people should not experience flushing when using this product. However, a few sensitive individuals may experience a temporary skin flushing (hot feeling and skin redness), burning, itching, or rash caused by an increase in blood flow near the skin. Do not take on an empty stomach. Do not take more than the recommended dose unless prescribed by your doctor.

\*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.

### NUTRITION INFORMATION:

Niacin, also called Vitamin B-3, is part of a coenzyme needed for energy metabolism.\* Niacin helps maintain healthy functions of the nervous system and skin, while promoting the health of your cardiovascular system.\* Flush free means that you don't experience the familiar "flush" when using this supplement.\*\*

#### Did You Know?

Niacin is a water-soluble B vitamin. The B Vitamin Complex is made up of several essential nutrients that provide nourishment for the stress of daily living.\*

**KEEP OUT OF THE REACH OF CHILDREN.** Store at room temperature, tightly closed and avoid excessive heat. Tamper resistant: Do not use if seal under cap is broken or missing.

No gluten  
No yeast  
No wheat  
No milk or milk derivatives  
No lactose  
No sugar  
No preservatives  
No soy  
No artificial color  
No artificial flavor  
No sodium (less than 5 mg per serving).

GLUTEN FREE

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BENTONVILLE, AR 72716

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FREE

Prod No. 58872 81660 00A



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BEST IF USED BY:



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SUPERIOR QUALITY AND PERFORMANCE  
We would like to hear from you with any comments or suggestions. In the continental U.S. or Canada, you can call us at 1-888-667-8678 from 8 a.m. to 5 p.m. CST, Monday - Friday.