

Suggested Usage: Take 2 capsules daily as needed, with food.

Niacin (Vitamin B-3) is an essential B-Complex vitamin. Flush-Free Niacin contains Inositol Hexanicotinate, a form of Niacin that consists of six molecules of niacin linked to a single inositol molecule. It is slowly broken down in the body to yield free niacin and inositol. This gradual release of Niacin allows for true Niacin activity without the characteristic niacin flush that many people cannot tolerate.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition (liver problems, stomach ulcers, diabetes, gout, etc.). Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0484 V5



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Flush-Free Niacin

250 mg

Nutritional Health

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules

Servings Per Container 90

	Amount Per Serving	% Daily Value
Niacin (Vitamin B-3) (from 640 mg of Inositol Hexanicotinate)	500 mg	2500%
Inositol (from 640 mg of Inositol Hexanicotinate)	135 mg	†

† Daily Value not established.

Other ingredients: Rice Flour, Cellulose (capsule), Cellulose Powder, Stearic Acid (vegetable source), Guar Gum, Silica and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Inositol Hexanicotinate is a stable, non-flushing source of Niacin. This superior source of Niacin works to reduce the common "niacin-flush" problems associated with high doses of Niacin supplements.

