

# Niacin

## Sustained Release

*Vitamin B-3 500 mg*



### DESCRIPTION

Niacin Sustained Release 500mg tablets slowly release 500mg of pure niacin. Sustained release niacin is better tolerated than regular crystalline high-potency niacin supplements.

### FUNCTIONS

Niacin (vitamin B3) occurs in the body as two metabolically active coenzymes, NAD (nicotinamide adenine dinucleotide) and NADP (NAD phosphate). The niacin coenzymes NAD and NADP have pervasive roles in energy-related and biosynthetic metabolic processes. At least 200 enzymes depend on these niacin cofactors. The NAD-dependent enzymes are involved in mostly catabolic, oxidative reactions that release energy from carbohydrate, fat, and protein, whereas the NADP-dependent enzymes more commonly function in biosynthetic pathways of such compounds as fatty acids and steroid hormones.

Independent of its functions as NAD or NADP, niacin is also involved in the regulation of normal blood lipoprotein and cholesterol levels. Dietary niacin is generally well absorbed and taken up by the liver which converts it to NAD and NADP. Any excess niacin is metabolized by the liver and excreted by the kidneys. Because the liver has a limited capacity to metabolize niacin, high doses of regular, crystalline niacin are often not well tolerated, causing vasodilatory side effects known as skin-flushing and itching. For maximum benefit and fewer side effects, Niacin Sustained Release releases its niacin over a time frame of two to three hours. This way, the niacin is more efficiently utilized by the liver and more evenly distributed to peripheral tissues compared to crystalline niacin. For the same reasons, Niacin Sustained Release can generally be used at somewhat lower doses than crystalline niacin supplements.

### INDICATIONS

Niacin Sustained Release tablets may be a useful nutritional adjunct for individuals who wish to increase their intake of niacin without the uncomfortable side effects of skin flushing.

### FORMULA (WW #10354)

#### Each Scored Tablet:

Niacin (B3/Nicotinic Acid) ..... 500 mg  
Other Ingredients: Carnuba wax, vegetable lubricant, and croscarmellose sodium.

### SUGGESTED USE

One tablet daily. Each tablet is a scored, uncoated tablet which can be broken in half if desired. This supplement is formulated to release niacin slowly over a 2 to 3-1/2 hour period to reduce the skin-flushing effect of this vitamin. As a general guideline when substituting Niacin Sustained Release for crystalline niacin, use Niacin Sustained Release at 1/2 to 2/3 of the level used for crystalline niacin.

### SIDE EFFECTS

Niacin may produce flushing, tingling, itching and feeling of warmth in certain individuals which under normal continuous use will disappear. However, if conditions persist, consult a doctor.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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.

Manufactured For:

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