Buffered Niacin

DESCRIPTION
Buffered Niacin contains 400 mg of niacin from 515 mg of inositol hexaniacinate in capsule form.

FUNCTIONS
Vitamin B3, better known as niacin, regulates fundamentally important physiological functions within the body. Without it, the body cannot release energy from carbohydrates or fats that are consumed. In addition, studies have shown that it is helpful in the healthy metabolism of cholesterol. However, the quantities needed for cardiovascular effectiveness can cause a “flushing” sensation, including feelings of heat, itchiness and burning, especially around the facial area. These effects are due to histamine release from the mast cells, starting approximately 20 minutes after ingestion and lasting from one to one and a half hours. Thus, the need for an alternative to pure niacin has led to the usage of inositol hexaniacinate. This compound consists of six molecules of niacin and one molecule of inositol. When it is metabolized in the body, it is broken down into its components. Due to its chemical structure, supplementation with inositol hexaniacinate is generally better tolerated than niacin alone and is associated with a decreased likelihood of a flushing sensation.

INDICATIONS
Buffered Niacin may be a useful supplement for individuals wishing to support the body’s cardiovascular system.

FORMULA (#7580)
Each Capsule Contains:
Niacin .................................................. 400 mg
(from 515 mg of Inositol Hexaniacinate)

SUGGESTED USE
Adults take one capsule daily with meals or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.

REFERENCES
Donner V, Fischer FW. The influence of m-inositol hexaniacinate ester on the serum lipids and lipoproteins. Arzneim-Forsch 1961;11:110-113
El-Enein AMA, Hafez YS, Salem H, Abdel M. The role of nicotinic acid and inositol hexaniacinate as anticholesterolmic and antilipemic agents. Nutr Reports Int 1983;28:899-911

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

DISTRIBUTED BY
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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