



# Non-Flush Niacin

Many people use niacin (Vitamin B3) to support their cholesterol-lowering efforts. Nature's Harmony® Non-Flush Niacin contains inositol hexanicotinate. This form provides the same benefits of regular niacin but without the irritating upper body and facial flush, itching and gastrointestinal upset that comes with doses of regular niacin greater than 35 mg per day.

PRODUCT CODE: 400750

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps normal growth and development. Helps the body to metabolize fats and carbohydrates.	Capsule	Take 1 capsule daily with food.

## DESCRIPTION:

The body uses niacin in many biochemical reactions in the body—it helps to maintain cell membranes and assists in the absorption of proteins, fats and carbohydrates. Niacin is important for the nervous system and for energy metabolism. As well, it maintains healthy skin and a healthy digestive tract. Tingling sensations or flushed skin usually accompany niacin supplementation. This is a very common reaction, but may be uncomfortable for many people—thus the creation of Non-Flush Niacin. Niacin is combined with inositol, which eliminates this reaction. Non-Flush Niacin comes in an easy-to-swallow capsule format in a high concentration formula for maximum results.

**Recommended Daily Allowance:** For the above recommended uses, typical dose range is 1500 to 4000 mg daily.

**Food Sources:** Sources of niacin include meat, poultry, calf's liver, eggs, dairy products, peanuts, almonds, seeds, wheat bran and whole grains; closely related to the B vitamin family, inositol is found in foods such as citrus fruits, legumes, whole grains, nuts and seeds.

**Causes of Deficiency:** Inadequate dietary intake of B vitamins.

**Symptoms of Deficiency:** Elevated cholesterol levels.

**Complementary Nutrients:** Nature's Harmony® ModuChol™, antioxidants including vitamins C and E, aged garlic extract and soluble fibre all benefit cholesterol-lowering efforts.

## HOW IT WORKS:

Niacin works by not only inhibiting the liver's production of cholesterol, but also by lowering total cholesterol levels in the blood by targeting harmful LDL cholesterol and raising beneficial HDL cholesterol levels. At the same time, inositol can encourage the removal of fat from cells in both the liver and intestine. Combining niacin with inositol eliminates the "flush" that can occur by using niacin alone.



### DID YOU KNOW...

The average Canadian diet provides about 1,000 mg of inositol each day, mainly found in citrus fruits, whole grains, legumes, nuts and seeds.

# Non-Flush Niacin

## RESEARCH:

Studies show niacin helps lower triglyceride and cholesterol levels, specifically decreasing low-density (bad) cholesterol while increasing levels of good cholesterol. Inositol has been used to improve blood flow in the treatment of intermittent claudication—painful cramping of the leg muscles due to a decreased supply of oxygen to those muscles. Studies have also shown that non-flush niacin is a slightly more effective cholesterol-lowering agent than niacin.

## SIDE EFFECTS:

No adverse effects have been reported from the use of inositol hexanicotinate in dosages as high as four grams daily.


## INTERACTIONS AND SAFETY CONSIDERATIONS:

Avoid use during pregnancy and breastfeeding. Individuals with a bleeding disorder or taking prescription medications should consult their health care practitioner before use.

## OTHER CONSIDERATIONS:

Dosages greater than 2 g (2000 mg) should only be administered under the direct supervision of a health care practitioner.

## LABEL:



**Niacine sans rougeurs irritantes**  
500 mg

**Aide le corps à métaboliser les lipides, les protéines et les glucides**

**60 capsules**  
NPN 80016396

**Usage recommandé :** Aide à la croissance et au développement normaux. Aide le corps à métaboliser les lipides, les protéines et les glucides.

**Dose recommandée (adultes) :** Prendre 1 capsule par jour, avec de la nourriture.

**Ingédients médicinaux :**  
Chaque capsule contient :

Niacine (hexanicotinate d'inositol) .....	500 mg
Inositol (hexanicotinate d'inositol) .....	143 mg

**Ingédients non médicinaux :** cellulose, stéarate de magnésium, gélatine.

**Information sur les risques :** Ne pas utiliser si vous êtes enceinte ou allaitante, si vous prenez des médicaments d'ordonnance ou si vous souffrez d'un trouble hémostatique. Ne pas dépasser la dose recommandée sauf sur l'avis d'un praticien de soins de santé.

Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites ni colorants, arômes ou agents de conservation artificiels.

**Recommended Use:** Helps normal growth and development. Helps the body to metabolize fats, proteins and carbohydrates.

**Recommended Dose (Adults):** Take 1 capsule daily with food.


**Medicinal Ingredients:**  
Each capsule contains:

Niacin (inositol hexanicotinate) .....	500 mg
Inositol (inositol hexanicotinate) .....	143 mg

**Non-medical ingredients:** Cellulose, magnesium stearate, gelatin.

**Risk Information:** Do not use if you are pregnant, breastfeeding, taking prescription medications or have a bleeding disorder. Do not exceed the recommended dose except on the advice of a health care practitioner.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.



**Non-Flush Niacin**  
500 mg


**Helps the Body to Metabolize Fats, Proteins and Carbohydrates**


**60 Capsules**  
NPN 80016396

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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