



# Niacitol® (no-flush niacin)

## What Is It?

Niacitol® contains inositol nicotinate, a form of no-flush niacin (vitamin B<sub>3</sub>) that has been used in Europe for over thirty years for healthy lipid metabolism support. Vitamin B<sub>3</sub> is a key component involved in nearly all aspects of energy metabolism. Its coenzymes (NAD and NADP) assist in the metabolic processes surrounding the breakdown and utilization of fats, proteins, and carbohydrates. Furthermore, niacin is involved in the synthesis of sex hormones and the formation of skin and digestive tissues. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin.\*

## Uses For Niacitol®

**Healthy Lipid Metabolism:** A number of studies have reported that niacin helps to promote healthy lipid metabolism. One clinical study reported that niacin may also maintain healthy plasma fibrinogen production, providing additional support for cardiovascular health. Studies in Europe using inositol nicotinate have demonstrated positive support for lipid metabolism, blood flow, and healthy glucose utilization. Niacitol® is a well-tolerated form of vitamin B<sub>3</sub> and is unlikely to cause the flushing or other side effects that are associated with niacin.\*

## What Is The Source?

Pure Encapsulations Niacitol® is an inositol and niacin complex. Inositol is derived from plant sources. Niacin is synthetic. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 725–3000 mg per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Niacin in combination with cholesterol medications may adversely affect muscles (myopathy), which can become serious (rhabdomyolysis). It may counter the effects of some diabetes medications. Consult your physician for more information.

### Niacitol® (no-flush niacin) 725 mg.

#### each vegetable capsule contains



inositol nicotinate.....	906 mg.
providing:	
niacin (vitamin B <sub>3</sub> ).....	725 mg.
inositol .....	181 mg.
vitamin C (as ascorbyl palmitate).....	30 mg.

1–4 capsules per day, in divided doses, with meals.

### Niacitol® (no-flush niacin) 500 mg.

#### each vegetable capsule contains



inositol nicotinate.....	625 mg.
providing:	
niacin (vitamin B <sub>3</sub> ).....	500 mg.
inositol .....	125 mg.
vitamin C (as ascorbyl palmitate) .....	15 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

3–6 capsules per day, in divided doses, with meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.