

Niacin 100™

For Healthcare Professionals Only
150 capsules

Niacin, also referred to as Vitamin B3 or Nicotinic acid, is recognized as a cardioprotective agent, primarily due to its action in inhibiting triglyceride synthesis,¹ resulting in both an increased HDL, and a lowered triglyceride level. In fact niacin has been associated with an increase in HDL by as much as 30%.² In the body its primary function is as a component of the coenzymes NAD⁺ and NADP⁺, both of which function in the redox state of the cell.

In addition to these actions, it has also been confirmed to hinder vascular inflammation, via its action on decreasing endothelial reactive oxygen species (ROS) production, and succeeding LDL oxidation, as well as to decrease the production of inflammatory cytokines.³

As indicated by Chapman, a therapeutic increase in HDL levels coupled with the normalization of HDL function translates into a slowed progression of coronary artery dysfunction, along with a reduction in cardiovascular risk.⁴

Cautionary NOTE: High intake of niacin may impact: 1) antidiabetic drugs, requiring an adjustment in their dosage, 2) alpha blockers and calcium channel blockers, potentiating (increasing) their hypotensive effects and thereby requiring an adjustment in their dosage, 3) statins, producing a complementary antihyperlipidemic effect and thereby requiring an adjustment in their dosage.

Those taking niacin may experience a flushing effect which is transient. Tolerance to this effect occurs with continued use.

¹ Kamanna VS, Kashyap ML. Mechanism of action of niacin. *Am J Cardiol.* 2008 Apr 17;101(8A):20B-26B.

² Elam MB, Hunninghake DB, Davis KB, Garg R, Johnson C, Egan D, Kostis JB, Sheps DS, Brinton EA. Effect of niacin on lipid and lipoprotein levels and glycemic control in patients with diabetes and peripheral arterial disease. *JAMA.* 2000; 284: 1263–1270.

³ Ganji SH, Oin S, Zhang L, Kamanna VS, Kashyap ML. Niacin inhibits vascular oxidative stress, redox-sensitive genes, and monocyte adhesion to human aortic endothelial cells. *Atherosclerosis* 2009 Jan;202(1):68-75. Epub 2008 May 9.

⁴ Chapman MJ, Assmann G, Fruchart J-C, Shepherd J, Sirtori C. Raising high-density lipoprotein cholesterol with reduction of cardiovascular risk: the role of nicotinic acid—a position paper developed by the European Consensus Panel on HDL-C. *Curr Med Res Opin* 2004 20:1253-1268.

For additional information please contact us:

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Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Niacin	100 mg	500%

Other ingredients: Capsule shell (gelatin and water), cellulose and magnesium stearate (vegetable source).

RECOMMENDATION: One (1) capsule each day as a dietary supplement or as otherwise directed by your healthcare professional.

Caution: Do not take this product if you are allergic to niacin or if you have severe liver disease, gallbladder disease, a peptic ulcer, or gout. Do not take this product if you are pregnant or lactating.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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