

break  
through  
to the  
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

## Client Information

### Niacin-SR (100 tablets)

**£17.90**

Niacin-SR contains potent amounts of niacin in a sustained-release delivery form.

Niacin, also known as vitamin B<sub>3</sub>, is a water-soluble vitamin necessary for many aspects of health, growth, and reproduction. Dairy products, poultry, fish, lean meats, nuts, and eggs supply niacin. It is also found in legumes and enriched breads and cereals.

Niacin assists functioning of the digestive system, skin, and nerves and is important for the conversion of food to energy. Niacin also occurs in a form called niacinamide. This form can also be beneficial in ensuring adequate intake of niacin when used in supplements. However, only pure niacin (not niacinamide) has significant benefits on maintaining normal levels of high-density cholesterol (HDL or "good cholesterol").

It was Dr Abram Hoffer who co-discovered niacin's LDL cholesterol-lowering properties more than 50 years ago. He used it for thousands of patients over decades.

Taking large amounts of niacin can cause skin flushing and a warm sensation, especially of the face, neck, and ears. Slow release of niacin over several hours helps avoid the uncomfortable flushing action so that its full benefits on cholesterol metabolism can be obtained.

Occasionally, flushing may also occur with slow release niacin preparations. Taking niacin with food may reduce this effect. Each 500 mg tablet of Niacin-SR is scored to allow for easier dosage adjustment as needed.

**Suggested Use:** 1 tablet daily with food. (Start with ½ tablet to accustomise the body.)

**Cautions and Contraindications:** Skin flushing and a warm sensation may occur.

People taking statin medication should be aware of the lowering effects of niacin on LDL cholesterol and triglycerides. Statin medication should not be taken concurrently.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

#### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Niacin (as niacin USP)	500 mg 2500%

Other ingredients: Vegetarian stearine, cellulose, silicon dioxide, magnesium stearate, and carboxymethylcellulose sodium.

This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

#### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.