



Niacin

(250mg)

Stock #1797-0 (90 tablets)

Niacin (vitamin B3) facilitates the metabolism and utilization of carbohydrates, fats, and proteins by assisting enzyme functions. Niacin aids in the production of energy in the cells, promotes mental and physical health, assists in regulating blood sugar levels, and helps reduce high cholesterol and prevent high blood pressure. Niacin is essential for healthy nerve function and for the maintenance of healthy digestive tract tissues, skin, and even the tongue. Niacin is also required for the production of sex hormones.

Niacin is found in fairly small amounts in most foods, including brewer's yeast, desiccated liver, fish, lean meats, peanuts, poultry, and wheat germ. The body is able to convert the amino acid tryptophan into niacin. Excessive intake of starches and sugar, as well as certain antibiotic therapies, can deplete niacin levels.

Niacin is quickly becoming accepted in the medical field as a favored treatment for reducing cholesterol. Niacin is safer and seems to work better than highly expensive anti-cholesterol drugs. As a natural substance, niacin poses a greatly reduced risk of side-effects, and can cost up to 40 times less than brand-name drugs. Besides lowering LDL cholesterol, modest doses of niacin have been shown to raise HDL levels by 33%. In fact, studies show taking one gram of niacinimide—a form of niacin—daily helps dilate blood vessels and improve blood circulation. Furthermore, *The Journal of Angiology* published a study indicating that taking 3 grams of niacin daily could reduce cholesterol by 26% in 2 weeks. However, niacinamide may cause depression in some individuals and has been known to cause liver damage in doses of 2 grams or more daily.

Niacin has been found to significantly lower the risk of death for individuals who have suffered an initial heart attack. Studies show 2,000mg a day is enough to lower cholesterol and triglyceride levels, thus preventing the development of fatty deposits in blood vessels which can lead to heart attacks and strokes. A study conducted by the Coronary Project Research Group in 1975 revealed that niacin reduces the potential of successive heart attacks by nearly 30%. Follow-up research showed heart attack patients taking niacin instead of a placebo enjoyed longer lives with fewer medical problems of any kind, including second heart attacks, other cardiovascular complications, cancer, etc. Those who received niacin supplementation were also less prone to die than those receiving extensive anti-cholesterol drugs. The pharmaceutical drugs were shown to have no greater effect than the placebo in preventing death.

Niacin is a known detoxifier of poisons, including narcotics, and has been used to help reduce the cravings for alcohol and drugs. The Foundation for Advancement in Science and Education in Los Angeles has reported successful use of niacin, along with sauna baths and running, in their drug rehabilitation program, Narconon—they also reported a lowering of cholesterol levels in participants. Research shows niacin can actually reduce the effects of hallucinogenic drugs such as LSD and mescaline. Furthermore, due to niacin's sleep-inducing effects, supplementation may be able to decrease the strength of, or completely eliminate the need for tranquilizers.

Niacin is an important element in brain metabolism and has been shown to help improve memory. Large doses of niacin have been found helpful in treating elderly individuals suffering from confusion. Some studies suggest niacin supplementation, along with other vitamins, may even help ease and potentially correct symptoms associated with schizophrenia, including hallucinations and paranoia.

Niacin is part of the GTF (glucose tolerance factor), which is necessary for normal glucose metabolism. Supplementation in small doses of 50-150mcg has been shown to boost glucose metabolism and assist in the treatment of hypoglycemia.

Several reports have been published on the benefits of niacin for the treatment of arthritis, including those by Dr. Linus Pauling, Nobel laureate, who suggests combining niacin with vitamin C for effective pain relief. Those suffering from arthritis have reported experiencing less joint pain and stiffness, improved joint mobility and muscle strength, and less fatigue with niacin supplementation.

Occasionally, niacin supplementation may cause minor flushing of the face or skin, tingling and itching sensations, and throbbing in the head as blood vessels dilate. This effect is considered harmless, typically lasting for approximately 15 minutes. Also, niacin contains naturally-occurring acid which may cause possible stomach discomfort. According to information published in the *American Journal of Clinical Nutrition*, taking niacin on a full stomach and in smaller doses can help reduce these mild and harmless side effects. A synthetic form of niacin, called niacinamide, produces none of the above side effects. However, niacinamide may cause depression in some

individuals and has been known to cause liver damage in doses of 2 grams or more daily.

NSP's Niacin supplement provides 250mg per tablet in addition to:

Hops flowers are a common aid for calming and relaxing nerves, anxiety, excitability, irritability, tension headaches, and nervous gastrointestinal complaints, including irritable bowel syndrome. Hops are a popular natural sedative for promoting sleep, with effects noticed within 20-30 minutes after ingestion. In fact, hops have a more direct correlation to inducing sleep than does valerian, and are widely used for insomnia or restless sleep. Hops have also been found to act as a diuretic, as an expectorant, and as an analgesic (pain-reliever) and antispasmodic for colic, menstrual pain, muscle cramps, spastic colon, and certain forms of asthma.

Feverfew herb helps migraine headaches by reducing two chemicals in the body which, in excess, are believed to be responsible for the intense head pain, nausea and light-sensitivity associated with migraines. Researchers have confirmed feverfew's ability to inhibit the formation of prostaglandins affiliated with pain and inflammation. Feverfew slows the rate at which blood clots, which is believed to contribute to some migraine headaches. Furthermore, feverfew has been shown to prevent enzyme and histamine release from immune cells, which has been linked with inflammation, and may explain the herb's traditional use for treating arthritis.