Niacin 500 mg Caplets

Product Summary:

Although few North Americans are deficient in niacin, many people can benefit from use of niacin supplements to improve high cholesterol levels, metabolism, and energy. Niacin (vitamin B3) can be found in meats, beans, cereal grains and fish. Niacin is also involved in the regulation of antioxidant activity and detoxification reactions.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Helps the body to metabolize carbohydrates, fats and proteins. Helps normal growth and development.

GENERAL HEALTH & WELLNESS

Pharmacology:

Niacin is one of the eight water-soluble B vitamins, important for nervous system health and for enzyme reactions that control energy, circulation and hormone levels. Niacin supplementation is a natural way to lower cholesterol, rivalling prescription drugs for results in mild to moderate cases. Supplementing with niacin can lower bad LDL-cholesterol and triglyceride levels while raising good HDL-cholesterol levels and promoting circulatory health. Niacin can lower LDL cholesterol by 5-25% (compared to 18-55% with statin drugs), lower triglyceride levels by 20-50%, and raise HDL cholesterol by 15-35%. Niacin supplementation can be used in combination with cholesterol-lowering drugs for additive effects.[1] In one study, niacin reduced LDL by approximately 17% and triglycerides by 18% while raising HDL cholesterol by 16%.[2] This combination of lowering "bad" LDL and increasing "good" HDL lends great cardiovascular support. Niacin can help prevent artherosclerosis. When added to a statin treatment, niacin provides beneficial effects in the prevention of cardiovascular disease.[3]

Niacin forms part of the coenzymes NAD (nicotine adenine dinucleotide) and NADP (nicotine adenine dinucleotide phosphate), which play a vital role in energy production, metabolism of fat, cholesterol, and carbohydrates. It also supports the manufacture of many body compounds, including adrenal gland hormones and sex hormones. In addition, niacin helps rid the body of harmful, toxic chemicals.

In addition to its cholesterol-lowering effects, niacin is an antioxidant, which aids in the maintenance of good health. Niacin may also decrease the occurrence of cataracts.[4]

Manufactured product information:

Manufacturer:
WN Pharmaceuticals® Ltd.

Size/UPC:
100's 7 77747 10285 3

NPN:
02245265

Expiry Date:
36 months from date of manufacture

Active Ingredient:
Each caplet contains:

Vitamin B3 (Niacin) . . . . . 500 mg

Non-Medicinal Ingredients (in descending order):
Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate

Appearance:
Oblong white caplet.

Packaging:
175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on the label applied to the exterior of the bottle.

Storage:
Store in tightly sealed containers at room temperature (15 – 25°C).

Dose:

For lipid-lowering and for improving circulatory health, recommended dosages of niacin range from 1500 mg to 4 grams daily, divided into two or three doses. However, starting doses are typically 250-500 mg daily.

Directions:

(Adults): 1 caplet daily with a meal or recommended by a physician.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. People sensitive to niacin may experience flushing of the skin that is generally mild and transient. Do not exceed the recommended dose except on the advice of a physician. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE.

DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Niacin deficiency causes pellagra, a condition characterized by dermatitis, diarrhea and dementia. The use of niacin-fortified foods has mostly eliminated pellagra from the West. It can be seen in individuals with poor diet, chronic alcoholism, carcinoid tumors that decrease endogenous niacin production, and Hartnup disease (an autosomal recessive disorder that interferes with tryptophan absorption). Conditions that increase niacin requirements, such as hyperthyroidism, diabetes mellitus, liver cirrhosis, pregnancy, and lactation, can sometimes result in deficiency, but this is rare.[1]

Drug Interactions/Contraindications:

People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.[4]

Diabetes: Individuals taking niacin and chromium supplements should monitor for hypoglycemia. Niacin can impair glucose tolerance; however, when taken at the directed dosage, minimal effects on blood glucose were noted.[1]

Alcohol: Can exacerbate flushing and liver dysfunction.1 Avoid alcohol consumption when supplementing with niacin.

Liver disease: Individuals with liver disease should not be taking niacin supplements.[1]

Surgery: Discontinue two weeks prior to elective surgery.[1]

Toxicity/Adverse Reactions:

Niacin has many therapeutic benefits, but in its regular form can cause a hot, itchy “niacin flush”, particularly of the face and neck. In some people it can cause gastrointestinal complaints and weakness.[1] The flush can occur within 30 minutes of the initial does or up to 6 weeks after the initial dose. Tolerance develops when constant blood levels are reached; however, the reaction can reoccur when niacin is restarted after missed doses.[1]

Niacin can cause liver toxicity, especially when used in pharmacologic doses.[1]

Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	
Artificial Flavors	
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Sulphites	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTION:

Free of animal products

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Kosher

References:

1. Natural Medicine Comprehensive Database (NMCD), Niacin and Niacinamide Monograph, Accessed September 15, 2010 [Available from: http://www.naturaldatabase.com/]

2. Birjmohun RS, Hutten BA, Kastelein JJ, Stroes ES. Efficacy and safety of high-density lipoprotein cholesterol-increasing compounds: a meta-analysis of randomized controlled trials. J Am Coll Cardiol. 2005 Jan 18; 45(2):185-97.

3. Olsson AG. HDL an LDL as therapeutic targets or cardiovascular disease prevention: The possible role of niacin. Nutr Metab Cardiovasc Dis 2010 Oct; 20(8):553-557.

4. Health Canada, Niacin Monograph, Accessed September 15, 2010 [Available from: http://www.hc-sc.gc.ca]

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