

Niacin (Item #5034)

For That Needed Flushing

Niacin is a water-soluble B vitamin, vitamin B3, and the common name for 2 very different compounds: "nicotinic acid" and "niacinamide". High doses of niacin (as nicotinic acid, as in this product) can lower cholesterol levels. Niacin in the form of nicotinamide is a non-flushing form of niacin and therefore does not dilate blood vessels nor provide a cholesterol-lowering effect.

The Niacin "flush"

It's important to note that this niacin flush is desirable and is not harmful nor dangerous. Some people worry about it but it is a sign of improved blood flow.

While the large organs of the body all have blood supplied from large arteries, a great deal of your body, particularly the parts near the skin, get their ONLY supply of blood (therefore also of oxygen and nutrients) from these small capillaries. The niacin causes these small capillaries to expand - so they might be able to carry 2 or 3 blood cells at the same time. This is a tremendous increase in blood flow.

You experience this as a "flushing" of the skin, simply because there is more blood close to the surface of the body. As the blood flows in these areas, the cells of the small capillaries will also be getting rid of their waste products, and often they produce 'histamine' as part of this process. That histamine is another natural substance produced by every cell in the body when a cell is under attack, or is eliminating toxins. Histamine causes an 'itchy' feeling.

Cardiovascular Benefits of Niacin

The cardiovascular benefits of niacin have been studied in several major clinical trials. The primary cardiovascular measures such as cholesterol and triglyceride levels, strokes and heart attacks are all significantly reduced with niacin therapy (sometimes used alone and sometimes used along with other drug therapy). Overall, the use of niacin (nicotinic acid, but not the other form called "niacinamide") to treat or prevent high levels of blood cholesterol and triglycerides and reduce the risk of cardiovascular disease is well substantiated. In a large number of clinical trials, niacin has been shown to consistently lower total and LDL ("bad") cholesterol - by about 20% - and triglycerides - by 10 to 25%, while increasing levels of HDL ("good") cholesterol - by 15 to 25%.

Dosage:

Niacin dosing is usually started at the low-end (100mg/day), with increasing doses of 250mg each week until blood lipid levels begin to normalize. Side effects are usually minimized by increasing the dosage slowly to the common therapeutic range of 1000-1500mg/day. Niacin doses should be divided into 2-3 separate daily doses and not to exceed 750mg per individual dose. May be taken with meals.

Ordering Information

Niacin (*Item #5034*) 100 Tablets

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.