



Niacitol® (no-flush niacin)

Introduced 1992



What Is It?

Niacitol® contains inositol nicotinate, a form of no-flush niacin (vitamin B₃) that has been used in Europe for over thirty years for healthy cardiovascular support. Niacitol® is a well-tolerated form of vitamin B₃ and is unlikely to cause the flushing or other side effects that are associated with niacin. Inositol nicotinate is composed of one molecule of inositol and six molecules of niacin.*

Uses For Niacitol®

Cardiovascular Support: Vitamin B₃ is a key component involved in nearly all aspects of energy metabolism. Its coenzymes (NAD and NADP) assist in the metabolic processes surrounding the breakdown and utilization of fats, proteins, and carbohydrates. Studies in Europe using inositol nicotinate have demonstrated positive support for blood flow and healthy glucose utilization. Furthermore, niacin is involved in the synthesis of sex hormones and the formation of skin and digestive tissues.*

What Is The Source?

Pure Encapsulations Niacitol® is an inositol and niacin complex. Inositol is derived from plant sources. Niacin is synthetic. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 650–3000 mg per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Niacin has been reported to cause liver inflammation in some individuals, when taken at a daily dose of more than 500 mg. It is recommended to monitor liver enzymes in individuals taking Niacitol®. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Niacin in combination with cholesterol medications may adversely affect muscles (myopathy), which can become serious (rhabdomyolysis). It may counter the effects of some diabetes medications. Consult your physician for more information.

Niacitol® (no-flush niacin) 650 mg

each vegetarian capsule contains v 00

niacin (as inositol nicotinate)	650 mg
inositol (as inositol nicotinate)	162 mg
inositol nicotinate	812 mg
ascorbyl palmitate (fat-soluble vitamin C)	30 mg
other ingredients: vegetarian capsule (cellulose, water)	

1–4 capsules daily, in divided doses, with meals.

Niacitol® (no-flush niacin) 500 mg

each vegetarian capsule contains v 00

niacin (as inositol nicotinate)	500 mg
inositol (as inositol nicotinate)	125 mg
inositol nicotinate	625 mg
ascorbyl palmitate (fat-soluble vitamin C)	15 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

3–6 capsules daily, in divided doses, with meals.

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.