Niacin
Cardiovascular Health

DESCRIPTION
Niacin tablets, provided by Nature’s Source™, provide 100 mg of pure niacin in a scored uncoated tablet which can be broken in half when lower dosage is desired.

FUNCTIONS
Niacin (vitamin B3) occurs in the body as two metabolically active coenzymes, NAD (nicotinamide adenine dinucleotide) and NADP (NAD phosphate).

The niacin coenzymes NAD and NADP have pervasive roles in energy-related and biosynthetic metabolic processes. At least 200 enzymes depend on these niacin cofactors. The NAD-dependent enzymes are involved in mostly catabolic, oxidative reactions that release energy from carbohydrate, fat, and protein, whereas the NADP-dependent enzymes more commonly function in biosynthetic pathways of such compounds as fatty acids and steroid hormones.

Independent of its functions as NAD or NADP, niacin is also involved in the regulation of normal blood lipoprotein and cholesterol levels.

Dietary niacin is generally well absorbed and taken up by the liver which converts it to NAD and NADP. Any excess niacin is metabolized by the liver and excreted by the kidneys.

INDICATIONS
Niacin tablets may be a useful nutritional adjunct for individuals who wish to increase their intake of niacin.

FORMULA (#7977)
Each scored tablet contains:
Niacin .......................................................... 100mg

SUGGESTED USE
One tablet or as directed by physician.

SIDE EFFECTS
No adverse side effects reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.