

Niacinamide Vitamin B-3

DESCRIPTION

Niacinamide, provided by Douglas Laboratories®, provides 500 mg of niacinamide per capsule.

FUNCTIONS

Vitamin B₃ occurs naturally in the body in two forms, niacin (nicotinic acid) and niacinamide (nicotinamide). Niacinamide can be made from niacin in the body. Niacin supplementation in amounts greater than what is needed by the body may result in the niacin “flush”. Niacinamide performs most of the essential biochemical functions of niacin and helps to avoid its deficiency. Large doses of niacinamide do not typically cause vasodilation or “flushing”.

Vitamin B₃ is a precursor to the metabolically active coenzymes, NAD (nicotinamide adenine dinucleotide) and NADP (NAD phosphate). NAD and NADP have pervasive roles in the electron-transport chain and oxidation-reduction reactions. At least 200 enzymes depend on these vitamin B₃ cofactors. In vivo studies indicate niacinamide plays a key role in cellular energy and enhancement of energy-dependent cellular functions such as DNA restoration. † Independent of its functions as NAD or NADP, niacinamide may support healthy skin and joints, and the proper metabolism of glucose. †

INDICATIONS

Niacinamide capsules may be a useful nutritional adjunct for individuals who wish to increase their intake of niacinamide.

FORMULA (#7954)

Each Capsule Contains:

Niacinamide.....500 mg

SUGGESTED USE

Adults take one capsule daily with meals or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

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

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For more information on Niacinamide visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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