

## Niatab™ 500

### Pure Sustained-Release, High Potency Niacin

#### DESCRIPTION

Niatab™ 500 tablets, provided by Douglas Laboratories®, slowly release 500 mg of pure niacin. Sustained release niacin is better tolerated than regular crystalline high-potency niacin supplements. Niatab 500 is 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. Because the liver has a limited capacity to metabolize niacin, high doses of regular, crystalline niacin are often not well tolerated, causing vasodilatory side effects known as skin-flushing and itching. For maximum benefit and fewer side effects, Niatab 500 releases its niacin over a time frame of two to three hours. This way, the niacin is more efficiently utilized by the liver and more evenly distributed to peripheral tissues compared to crystalline niacin. For the same reasons, Niatab 500 can generally be used at somewhat lower doses than crystalline niacin supplements.

#### INDICATIONS

Niatab 500 tablets may be a useful nutritional adjunct for individuals who wish to increase their intake of niacin without the uncomfortable side effects of skin flushing.

#### FORMULA (#NTB)

Each Scored Tablet:

Niacin ..... 500 mg

#### SUGGESTED USE

One-half to one tablet, one to two times daily during or after a meal (i.e., breakfast and dinner), or as directed by physician. As a general guideline when substituting Niatab 500 for crystalline niacin, use Niatab 500 at 1/2 to 2/3 of the level used for crystalline niacin.

#### 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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#### REFERENCES

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Probstfield JL. Nicotinic acid as a lipoprotein-altering agent: therapy directed by the primary physician. *Arch Int Med* 1994;154:1557-1559.

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† 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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Your patients trust you.**

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