

## Niacinate

### DESCRIPTION

Niacinate tablets contain inositol hexaniacinate, which provides niacin. This ester of niacin and inositol is unlikely to cause the uncomfortable skin-flushing side effects often observed with high-dose crystalline niacin.†

### FUNCTIONS

Niacin (vitamin B<sub>3</sub>) 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 biosynthesis 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 lipid levels, and the maintenance of normal vascular tone.‡

Dietary niacin is generally well absorbed and taken up by the liver. 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.‡

### INDICATIONS

Niacinate tablets may be a useful dietary supplement for individuals who wish to increase their intake of niacin without the uncomfortable side effects of skin flushing.

### FORMULA (NCT)

Each tablet contains:

Niacin .....505 mg  
(as inositol hexaniacinate)  
Inositol ..... 115 mg  
(from inositol hexaniacinate)

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, coating (hypromellose, glycerin), stearic acid, croscarmellose sodium, silica and vegetable stearate

### SUGGESTED USE

Adults take 1 tablet daily with food or as directed by a healthcare professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product Adults take 1 tablet daily with food 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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### REFERENCES

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O'Hara J et al. *Brit J Clin Pract* 1988;42:377-383.  
Probstfield JL. *Arch Int Med* 1994;154:1557-1559.  
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**For more information on Niacinate visit [douglaslabs.com](http://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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