



Niacinamide

Introduced 2011



What Is It?

Niacinamide (vitamin B₃) supports energy metabolism, metabolic function and joint comfort. It does not cause the vasodilatation ("flush") associated with niacin.*

Uses For Niacinamide

Energy Production: Niacinamide is a precursor of nicotinamide adenine dinucleotide (NAD), essential for oxidation/reduction reactions, nutrient metabolism and ATP synthesis. Alpha lipoic acid offers additional support for the energy production process.*

Glucose Metabolism: Research indicates that niacinamide may support healthy glucose metabolism and protect pancreatic beta cell function. In a meta-analysis of 10 randomized controlled trials, niacinamide supplementation promoted healthy C-peptide levels, insulin metabolism and beta cell function. In another study, niacinamide helped maintain healthy C-peptide levels and glucose metabolism. Alpha lipoic acid is included to offer synergistic support for healthy glucose balance and metabolic function.*

Joint Function: Niacinamide promotes joint mobility and comfort as well. In a 12-week randomized double blind trial involving 72 subjects, niacinamide provided statistically significant support for joint flexibility and normal inflammatory response.*

What Is The Source?

Niacinamide and alpha lipoic acid are synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-6 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. There have been reports of GI upset, nausea, vomiting, heartburn, diarrhea, dizziness, drowsiness or headache with large doses of niacinamide. Rarely, niacinamide in doses of 3 grams/day or more has been associated with elevated liver function tests. Consult your physician for more information.

Are There Any Potential Drug Interactions?

There are case reports in the literature indicating that niacinamide may reduce the hepatic metabolism of primidone and carbamazepine. Individuals taking these medications should consult their physician. Individuals taking anti-diabetes medications should have their blood glucose levels monitored. Consult your physician for more information.

Niacinamide

each vegetarian capsule contains  v 00

niacin (as niacinamide).....	500 mg
alpha lipoic acid (thioctic acid).....	50 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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