

## Niacinamide Vitamin B-3

### DESCRIPTION

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

### 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 can be obtained from niacinamide, an amide of niacin, which is typically well tolerated and not associated with causing a "flushing" reaction.

### 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 physician.

### 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.

### REFERENCES

Alderman JD et al. Effect of a modified, well-tolerated niacin regimen on serum total cholesterol, high density lipoprotein cholesterol and the cholesterol to high density lipoprotein ratio. *Am J Cardiol* 1989;64:725-729.

Canner PL et al. Fifteen year mortality in Coronary Drug Project patients: long-term benefit with niacin. *J Am Coll Cardiol* 1986;8:1245-1255.

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Keenan JM et al. Niacin revisited: a randomized, controlled trial of wax-matrix sustained-release niacin in hypercholesterolemia. *Arch Intern Med* 1991;151:1424-1432.

Lavie CJ et al. Marked benefit with sustained-release niacin therapy in patients with 'isolated' very low levels of high-density lipoprotein cholesterol and coronary artery disease. *Am J Cardiol* 1992;69:1083-1085.

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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**For more information 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.

Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



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