

VitaminB3

Inositol hexanicotinate 375 mg

Code: FE0906 – 60 vegetable capsules



VitaminB3 is a food supplement based on inositol hexanicotinate, a non-blushing form of vitamin B3 or niacin.

HEALTH CLAIMS (EU Regulation 432/2012): *Niacin contributes to normal energy metabolism, normal functioning of the nervous system, normal psychological function, maintenance of normal mucous membranes and skin, and helps to reduce tiredness and fatigue. The antioxidant activity of vitamin E and its positive effect on the immune system is therefore reinforced by the mixed tocopherols, tocotrienols, sterols, especially betasitosterol, and squalenes.*

Ingredients: Inositol hexanicotinate (vit. B3), bulking agent (microcrystalline cellulose), anti-caking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (hydroxypropylmethylcellulose; purified water).

Nutritional information:

1 capsule (580 mg)

Niacin (vit. B3)

(from 375 mg inositol hexanicotinate, flush-free)

341 mg NE (2 131%*)

*NRV: Nutrient Reference Value in %

Size and format:

60 vegetable capsules

Recommended daily dose:

1 capsule daily with food.

Do not exceed the stated recommended daily dose.

Indications and uses:

- It regulates blood lipids.
- For atherosclerosis.
- For Alzheimer's disease and cognitive impairment.
- For the prevention of skin cancer.

Cautions:

Consult a health-care practitioner prior to use if you are pregnant or breast-feeding, if you are being treated with medication, or if you have a special medical condition.

DETAILS:

Vitamin B3, also known as niacin, serves as a critical cofactor for the breakdown and assimilation of complex carbohydrates, proteins and fats. It also has a positive effect on blood lipid profiles. It maintains a healthy nervous system, improves the circulatory system and keeps the skin healthy.

New Roots Herbal's inositol hexanicotinate is the non-blushing form of niacin, which does not cause the skin redness, heat and itching caused by histamine release, which is associated with regular niacin.

INGREDIENTS:

VITAMIN B3: Vitamin B3, also called niacin, is one of the eight water-soluble B vitamins. The term niacin refers to 'nicotinic acid' and 'nicotinamide' (also called niacinamide). Both are used to form coenzymes. Sufficient niacin intake is important since it helps the body convert food into glucose, which is used to produce energy, macromolecules including fatty acids and cholesterol, repair DNA and respond to stress ^(1-3,6-8).

Inositol hexanicotinate is composed of six molecules of niacin bound to one molecule of inositol, an unofficial B vitamin. As soon as this compound enters the body, the molecule is gradually broken down and the niacin progressively reaches the circulatory system, where it takes effect. Therefore, due to the presence of inositol, the release of niacin is delayed and does not reach peak serum concentrations until 10 hours after intake. This minimises the risk of blushing. Thus, Inositol slows down the metabolism of niacin, helping its gradual release from the body and preventing "hot flushes" (flush effect) ⁽⁴⁾.

In short, flush-free niacin is the most suitable supplement for people who need to supplement with high doses of niacin but who suffer from red skin or itching every time they take it.

Niacin is rapidly absorbed by the body. It stimulates energy metabolism and is helpful in cases of tiredness and fatigue. It also maintains a healthy nervous system, improves the circulatory system, keeps the skin healthy and stabilises blood glucose ⁽⁵⁻⁸⁾.

Clinical trials:

- **Blood lipid levels:** randomised, placebo-controlled, double-blind study (3414 patients). It improves blood lipid levels (lowering triglycerides and increasing HDL) along with the use of statins at doses of 1,500-2,000 mg niacin⁽⁹⁾.
- **Atherosclerosis:** randomised, placebo-controlled, double-blind study (167 patients). It reduces the progression of atherosclerosis if used with statin at a dose of 500-1,000 mg niacin for 12 months ⁽¹⁰⁾.
- **Alzheimer's disease:** a prospective study examined whether dietary intake of niacin was associated with Alzheimer's disease. Niacin appears to have a protective effect on the development of Alzheimer's disease and cognitive impairment ⁽¹¹⁾.
- **Skin cancer prevention:** randomised, placebo-controlled, double-blind study (386 patients). A daily dose of 1,000 mg of nicotinamide (a form of niacin) reduces the risk of non-melanoma skin cancer ⁽¹²⁾.

References:

- 1) Alderman, James D., 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." *The American journal of cardiology* 64.12 (1989): 725-729.
- 2) Cervantes-Laurean D, McElvaney NG, Moss J. "Niacin." In: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore: Williams & Wilkins (1999): 401-411.
- 3) Brown, B. Greg, et al. "Simvastatin and niacin, antioxidant vitamins, or the combination for the prevention of coronary disease." *New England Journal of Medicine* 345.22 (2001): 1583-1592.
- 4) Knopp, Robert H. "Evaluating niacin in its various forms." *The American journal of cardiology* 86.12 (2000): 51-56.
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- 6) Garg, Aakash, et al. "Role of niacin in current clinical practice: a systematic review." *The American journal of medicine* 130.2 (2017): 173-187.
- 7) Gerald F, et al. "Chapter 13-Niacin. *The Vitamins*" (Fifth Edition) (2017): 331-350.
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- 9) Boden WE, et al. Aim-High Investigators. "Niacin in patients with low HDL cholesterol levels receiving intensive statin therapy." *New England Journal of Medicine* 365.24 (2011): 2255-2267.
- 10) Taylor, Allen J., et al. "Arterial Biology for the Investigation of the Treatment Effects of Reducing Cholesterol (ARBITER) 2: a double-blind, placebo-controlled study of extended-release niacin on atherosclerosis progression in secondary prevention patients treated with statins." *Circulation* 110.23 (2004): 3512-3517.
- 11) Morris, Martha C., et al. "Dietary niacin and the risk of incident Alzheimer's disease and of cognitive decline." *Journal of Neurology, Neurosurgery & Psychiatry* 75.8 (2004): 1093-1099.
- 12) Chen, Andrew C., et al. "A phase 3 randomized trial of nicotinamide for skin-cancer chemoprevention." *New England Journal of Medicine* 373.17 (2015): 1618-1626.