



Flush-Free™ Niacin

Quest Flush-Free™ Niacin is a high-quality vitamin B3 supplement. Niacin (a form of vitamin B3) has long been prescribed for the treatment of cardiovascular conditions such as high cholesterol and triglyceride levels and poor circulation. Niacin also improves glucose, lipid, protein, and sterol metabolism. The flushing side effect of niacin that may occur at the dosages that may be required for therapeutic effect often prove troubling; however, by combining niacin with inositol (inositol hexaniacinate), this supplement confers the benefits of niacin without the unpleasant side effects.



PRODUCT CODES: 338100 (60 capsules)
338105 (120 capsules)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps normal growth and development. Helps the body to metabolize carbohydrates, fats, and proteins.	Capsules	Take 1 capsule daily with food.

DESCRIPTION:

Each capsule of Quest Flush-Free' Niacin contains inositol hexaniacinate as 500 mg of niacin (nicotinate) and 143 mg of inositol. This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.

Recommended Daily Allowance:	Dosage varies, depending on age.
Food Sources:	Organ meats, meat, poultry, fish, legumes, dairy products, eggs, whole grains.
Causes of Deficiency:	Poor diet.
Symptoms of Deficiency:	Apprehension, irritability, depression, weakness, memory loss, pellagra (dermatitis, dementia, diarrhea).
Complementary Nutrients:	Other B vitamins.

HOW IT WORKS:

Vitamin B3 comes in two forms, niacin (or nicotinic acid) and niacinamide. Niacin functions in the body as a component of several coenzymes that are involved in many important biochemical reactions, including the metabolism of lipids (fats), which makes it an excellent nutrient for treating high cholesterol and triglyceride levels. This nutrient also acts as a vasodilator. Since vasodilators widen the blood vessels and increase the blood flow to the extremities, niacin is used for various circulatory problems. The niacin in this formula is in the inositol hexaniacinate form, which eliminates the problem of skin flushing that may occur with niacin alone.



DID YOU KNOW...

Inositol hexaniacinate, the flush-free form of niacin, has been used therapeutically in Europe for over forty years with an excellent safety record.

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RESEARCH:

The efficacy of niacin supplementation for the treatment of circulatory problems is well supported by scientific research. An overwhelming number of clinical studies have shown that niacin is effective in reducing both cholesterol and triglyceride levels. One study compared the efficacy of niacin with a widely prescribed drug that lowers cholesterol, and niacin was much more effective than the drug. It also significantly increased HDL (good) cholesterol. The authors of this study and others have concluded that because of these effects, especially when combined with niacin's low cost and low toxicity, niacin should be considered the treatment of choice in patients with elevated cholesterol levels.

SIDE EFFECTS:

No side effects expected at recommended dosage. Inositol can exert a blood-thinning effect with dosages greater than 2,000 mg per day. Discontinue use if you experience abdominal cramps, nausea, vomiting, lightheadedness, or ulcers.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have diabetes; low blood pressure; glaucoma; gout; peptic ulcers; liver, gallbladder, or kidney disease; or any bleeding disorders. Antibiotics, estrogen-containing medications (e.g., oral contraceptives), isoniazid, and anticonvulsants can diminish the absorption or therapeutic value of niacin.

OTHER CONSIDERATIONS:

Consult a health practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

<p>QUEST LONGÉVITÉ Sans bouffées de chaleur^{MC} Niacine 500 mg NPN 80016396 60 capsules Aide le corps à métaboliser les glucides, les lipides et les protéines Sans colorants, arômes ou agents de conservation artificiels</p>	<p>Usage recommandé : Aide à la croissance et au développement normaux. Aide le corps à métaboliser les glucides, les lipides et les protéines. Dose recommandée (adultes) : Prendre 1 capsule par jour, avec de la nourriture.</p> <p>Ingédients médicinaux : Chaque capsule contient : Niacine (nicotinate d'inositol),...500 mg Inositol (nicotinate d'inositol),...143 mg Ingédients non médicinaux : cellulose microcristalline, stéarate de magnésium, gélatine.</p> <p>Information sur les risques : Ne pas utiliser si vous êtes enceinte ou allaitante, si vous prenez des médicaments d'ordonnance ou si vous souffrez d'un trouble hémorragique. Ne pas dépasser la dose recommandée sauf sur l'avis d'un praticien de soins de santé.</p> <p>Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sulfites.</p> <p>RANGER DANS UN ENDROIT SEC ET FROID. TENIR HORS DE PORTEE DES ENFANTS.</p>	<p>QUEST LONGEVITY Flush-Free™ Niacin 500 mg NPN 80016396 60 capsules Helps the body metabolize carbohydrates, fats and proteins No artificial colours, flavours or preservatives</p>	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.ourlifenaturally.com 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% LPC CODE TO BE: 0 58371 21176 1</p> <p>33810001046</p>
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