



Vitamin B3Niacin

Essential nutrient support



- Enzyme form
- High absorption formula

**Tested in our
ISO 17025
Accredited Laboratory**



newrootsherbal.com



Vitamin B₃Niacin



Vitamin B₃, nicotinic acid, niacin, or inositol hexanicotinate (flush-free form) are water-soluble vitamins necessary for many aspects of health, growth, and reproduction. They are all part of the vitamin B complex and are involved in the oxidative release of energy from food, protect the skin and help improve circulation. Nicotinic acid is an essential component of a mammalian diet. It is the pellagra-preventing factor of vitamin B. The amide, nicotinamide is incorporated into nicotinamide adenine dinucleotide.

Niacin is one of the most stable of the B vitamins. It is resistant to the effects of heat, light, air, acid, and alkali. A white crystalline substance that is soluble in both water and alcohol, niacin and niacinamide are both readily absorbed from the small intestine. Small amounts may be stored in the liver, but most of the excess is excreted in the urine.

Inositol hexanicotinate consists of six molecules of niacin surrounding a molecule of inositol—an unofficial B vitamin. This inositol-bound form of niacin is slowly metabolized in the body and releases niacin over a period of time without the characteristic flush that may occur when large doses of niacin are administered.

Another important fact about vitamin B₃ is that it can be manufactured from the amino acid tryptophan, which is essential (needed in the diet). So niacin is not truly essential in the diet when enough protein, containing adequate amounts of tryptophan, and other nutrients are consumed. When niacin is not present in sufficient amounts, extra protein is needed. Also, when we are deficient in such nutrients as iron and vitamins B₁, B₂, B₆, and C, we cannot easily convert tryptophan to niacin.

Vitamin B₃ is known to:

- Aid in promoting a healthy digestive system;
- Be important for the health of the skin;
- Increase circulation and help reduce blood pressure;
- Lower cholesterol and triglycerides;
- Promote relaxation;
- Facilitate orgasms;
- Act as a mild growth hormone releaser.

Each vegetable capsule contains:

	100 mg	500 mg
Vitamin B ₃ (niacin).....	100 mg	500 mg
Bilberry fruit (<i>Vaccinium myrtillus</i>) extract.....	50 mg	—
Hawthorn (<i>Crataegus monogyna</i>).....	45 mg	—
Hawthorn (<i>Crataegus monogyna</i>) berry extract, 2% vitexin.....	5 mg	—
Vitamin B ₁ (thiamine hydrochloride).....	5 mg	—
Vitamin B ₆ (pyridoxal-5'-phosphate).....	1 mg	—
Vitamin B ₆ (pyridoxine hydrochloride).....	1 mg	—

Other ingredients: Microcrystalline cellulose (500 mg only), vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

100 mg: NPN 80027828 · V0430-R1

500 mg: NPN 80059091 · V0539-R1

Suggested use:

100 mg / 500 mg: Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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