**INGREDIENTS**

Niacin, also known as vitamin B3 or nicotinic acid, supports more than 500 enzymatic reactions that play pivotal roles in metabolism, energy production, and healthy aging. **Niacin Time-release with niaXtend** provides a considerable amount of nicotinic acid combined with a proprietary wax-coated technology to yield an 8-hour extended-release tablet that greatly reduces the chance of experiencing the uncomfortable skin flushing that commonly accompanies brands of this vitamin that don’t feature a timed-release mechanism.

**BENEFITS**

**Supports cardiovascular health***

Extensive clinical research has shown that niacin as nicotinic acid may promote a favorable balance of blood lipids. The form of niacin typically found in multivitamins and fortified foods is “nicotinamide,” which exhibits vitamin B3 activity but not (the word “necessarily” has been removed) the cardiovascular benefits seen in research that examined nicotinic acid. According to a report endorsed by the American Heart Association, nicotinic acid appears capable of modulating blood lipids in part by altering their synthesis and inhibiting the mobilization of free fatty acids.\(^1\)

Two niacin receptors, HM74 & HM74A, were recently discovered in humans. The HM74A receptors on adipose (fat) cells are believed to be particularly responsible for the helpful blood lipid-altering ability of nicotinic acid.\(^2\)

**Extended-release formula decreases chance of “Skin Flushing”***

**Niacin Time-release with niaXtend** provides an 8-hour extended-release tablet that enables more people to access the health-supportive aspects of niacin with less chance of experiencing the uncomfortable skin flushing that commonly accompanies (“the unspecialized niacin in” has been removed) immediate-release (IR) forms of the vitamin. Release of the eicosanoid prostaglandin D\(_2\) from skin cells is believed to be behind the skin flushing that may occur with niacin use. This “prickly heat” phenomenon results in a sensation of warmth, reddening, and/or tingling anywhere from 15 to 120 minutes after consumption of a large dose, often felt on the head, neck, and shoulders for up to an hour.

Although flushing is a non-allergic reaction producing no permanent harm to the body, it is the major reason for discontinued use of niacin—thereby preventing many individuals from experiencing the potential benefits of supplementation. When taken as directed, extended-release formulas similar to **Niacin Time-release with niaxtend** have been shown to decrease the potential of flushing.\(^3,4\)

**Supports the maintenance of cognitive function with age***

Diets high in niacin have been associated with healthy cognitive function in the aging mind. This may in part be a result of niacin’s direct role in the regulation of healthy dendritic growth; dendrites are a class of neuronal cells that enable the brain to communicate electric signals to other parts of the brain and the body. Niacin is able to provide potent antioxidant activity to address the accumulation of free radicals in brain mitochondria, the powerhouse organelles within neurons. Niacin is important for many of the complex regulatory pathways utilized by the body to maintain health with age.

The possible associations between niacin intake and the maintenance of healthy cognitive function with age were investigated through the examination of data from the massive Chicago Health and Aging Project (CHAD). The cognitive function in 3718 CHAD participants was assessed by four tests designed to measure mental attributes such as short and long term memory, intellectual ability, and motor control. Among the elderly participants who remained in good health during the 6-year study period, cognitive function was maintained at a 44% greater rate in individuals who had the highest dietary intake of niacin compared to those who consumed the lowest amount of niacin.\(^5\)

**Supports healthy metabolism and energy production within the body***

Niacin—in both its nicotinic acid and nicotinamide forms—is well known for its role in the maintenance of energy production within the body. Niacin—both in its nicotinic acid and nicotinamide forms—is a coenzyme or “active vitamin” of the vitamin B3 family.**

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>120 servings</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niacin (as nicotinic acid)</td>
<td>500 mg</td>
<td>2500%</td>
</tr>
</tbody>
</table>

\(^\text{† Daily Value not established.}\)

Other Ingredients: Vegetable waxes (rice bran and/or carnauba wax), stearic acid, magnesium stearate (vegetable source), silica.

**Suggested Adult Use:** Take 1 tablet with food, one to two times daily, or as recommended by a nutritionally-informed physician.

**Caution:** Temporary flushing, itching or warming of the skin may occur upon initial use. If you are under medical supervision, have liver dysfunction, gout, or are pregnant or nursing, consult your physician before taking this product.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.

niaXtend is a registered trademark of Endurance Products Co.

* 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.*
absorbed and can act as a biochemical precursor to nicotinamide adenine dinucleotide (NAD+) and sister coenzyme nicotinamide adenine dinucleotide phosphate (NADP+). The two molecules NAD+ and NADP+ are involved in more than 500 enzymatic reactions and are especially important in metabolism and energy production. All of the human body’s cellular energy is synthesized through mitochondrial oxidative phosphorylation, the citric acid cycle, and cytosolic glycolysis: these pathways all require an adequate supply of NAD+ and NADP+.

Niacin Time-Release with niaxtend supplies nicotinic acid in an extended-release form that supports healthy metabolism and energy production throughout the day by helping to provide the body with an abundant pool of NAD+ and NADP+.

SAFETY
Niacin is a safe and effective supplement if taken as directed by the label or your physician. If you are currently taking statins or other medications, have gout or liver dysfunction, or are otherwise under medical supervision, consult your physician before starting niacin supplementation.

SCIENTIFIC REFERENCES


* 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.