

NIACIN



Niacin (Vitamin B3) is essential for vibrant health. Symptoms of niacin deficiency include canker sores, dementia, depression, diarrhoea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pains, loss of appetite, low blood sugar, muscular weakness, skin eruptions and inflammation. Niacin deficiency is also the direct cause of the Pellagra disease.

BENEFITS

- Improves blood circulation
- Promotes healthy skin
- Regulates blood cholesterol levels
- Aids in the functioning of the nervous system and is helpful for schizophrenia and other mental illnesses
- Improves memory
- Helps in various skin conditions such as eczema and psoriasis
- Needed for the synthesis of sex hormones
- Improves digestion and aids in the metabolism of carbohydrates, fats and protein

KEY FEATURES

- A harmless flush may occur after the ingestion of Niacin along with a slight tingling sensation on the skin. This is caused by the increased blood circulation.
- Vitamin B3 in the form of niacinamide does not cause flushing. However, niacinamide does not have all the same properties of niacin. Specifically, it is not effective for lowering blood cholesterol.

Caution: Avoid taking Niacin during menstruation or if bleeding.