



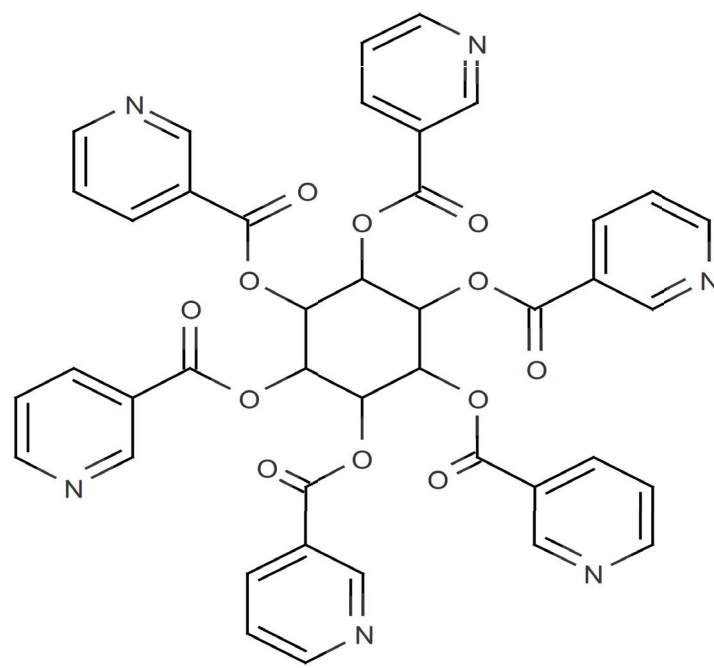
Is it safe to take 500 mg per day of Flush-Free Niacin?

Protocol For Life Balance® uses a form of vitamin B₃ called Inositol Hexanicotinate (IHN) which has been shown to be safe for chronic oral supplementation up to 3,000 mg per day.



Bioactive Compound

IHN is the hexanicotinic acid ester of meso-inositol. It consists of six molecules of nicotinic acid with one inositol molecule in the center.¹



Bioavailable Compound

About 70% of IHN is absorbed from the GI tract after ingestion.

Once in the bloodstream, IHN is hydrolyzed to free nicotinic acid and inositol. Hydrolysis occurs slowly, **with peak serum levels not occurring until at least 10 hours after ingestion.**

Peak plasma levels of nicotinic acid after oral doses of IHN are much lower when compared with those obtained after oral doses of nicotinic acid; for example, a single oral dose of 1,000 mg nicotinic acid may result in a peak plasma level of 30 µg/mL nicotinic acid, while 1,000 mg of IHN will result in a peak plasma level of 0.2 µg/mL nicotinic acid.¹

Low peak plasma levels explain the absence of “niacin flush” when taking large doses of IHN.²

At Protocol For Life Balance®, we believe that offering the safest ingredients gives practitioners the ability to recommend products that are both safe and effective. Our Flush-Free Niacin consists of Inositol Hexanicotinate, a form of niacin known for its high tolerable upper level. We developed this product to give practitioners a safe tool for patients in need of high daily doses of vitamin B₃.*