

Nicotinamide 250mg

(Vitamin B3)

Presentation

A white coated oval tablet.

Each tablet delivers:

Niacin (as Nicotinamide) 250mg

Tableted with:

Calcium Carbonate, Cellulose, DiCalcium Phosphate, Anti-caking Agents (Silicon Dioxide, Stearic Acid and Magnesium Stearate), Hydroxypropyl Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
100

type
tablets

code
8054



Uses

Vitamin B3, a water soluble nutrient, appears in several different forms, all of which can be referred to as niacin. One of the forms is nicotinamide, (synonymous with niacinamide) which is the form of niacin that is generally recommended for supplements. The chemical structure of niacin is similar to the amino acid tryptophan and in fact the body can make some niacin from tryptophan. Niacin is most abundant in high protein foods such as meat, fish and nuts.

Niacin functions in over fifty metabolic reactions. It plays a key role in glycolysis, the Krebs Cycle and the hexose monophosphate shunt, all of which are important in the release of energy from macro-nutrients. It is also needed in the deamination of amino acids and in the metabolism of fatty acids. By playing a role in the formation of red blood cells, steroids, and in energy production within the cells, niacin is vital in maintaining the integrity of all body cells.

Each tablet provides a full 250mg of pure grade vitamin B3, as nicotinamide the non-flushing form.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

