

## Nicotinamiva (Vitamin B3) 100 Capsules

**EAN:** 5055148401894    **FABRICANTE:** LAMBERTS



*Niacin as Nicotinamide or Vitamin B3 250 mg. Helps maintain mucous membranes, skin, and more.*

### DESCRIPTION

Vitamin B3 is a water-soluble nutrient identified as Niacin, which is the general term. Vitamin B3 can be found in several forms, including nicotinic acid or niacin and niacinamide or nicotinamide, the latter of which we believe is the best form to use in supplements, as it is the active form of B3, which is how the vitamin is used by the body.

This is a high potency supplement that provides a level of niacin that has been used in scientific studies. Each tablet provides a total of 250mg of supplemental vitamin B3 and is manufactured in the UK under strict pharmaceutical GMP manufacturing standards.

Niacin contributes to the normal function of the nervous system as well as to the maintenance of normal skin and mucous membranes. Like many of the B vitamins, it is also involved in metabolic processes that release energy from food, and contributes to the reduction of tiredness and fatigue. It is also important for supporting normal energy-yielding metabolism and normal psychological function.

Niacin's chemical structure is similar to that of the amino acid tryptophan, and in fact, the body can synthesize some of this vitamin from tryptophan. It is found primarily in protein-rich foods such as meat, fish and nuts.

- It intervenes in more than fifty metabolic reactions.
- It plays a key role in glycolysis, Krebs Cycle reactions and hexose monophosphate shunt, all of which are important in the release of energy from macronutrients.
- It is also needed in the deamination of amino acids, in the metabolism of essential fatty acids and in the metabolism of fatty acids.
- It plays a role in the formation of red blood cells, steroids, and energy production within cells. It is vital for maintaining the integrity of all cells in the body.

This is a highly concentrated supplement that provides a level of niacin that would be difficult to obtain from your diet alone. Therefore, we recommend it for relatively short periods of up to 4 months, not for safety reasons, but because the body is unlikely to need this potency for an extended period.

Niacin in the form of nicotinamide poses no danger when taken at levels normally recommended for dietary supplementation. The upper safe limit is 500 mg per day.



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When high intakes are regularly prescribed by a health care professional, liver function should be monitored, as excessive amounts of niacin over a prolonged period can damage the liver.

### White coated tablet.

### Each tablet provides:

Niacin (as Nicotinamide) 250 mg

### Tableted / Encapsulated with:

See product label.

### Disintegration time:

Less than an hour.

### Suitable for vegetarians and vegans and free of lactose and gelatin.

### Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

### Precautions

This product is not recommended for pregnant or breastfeeding women.

### Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.

### Instructions for use:

- Take 1 tablet daily with a meal.
- Do not exceed the expressly recommended daily dose.
- With one bottle you have for: 100 days.

