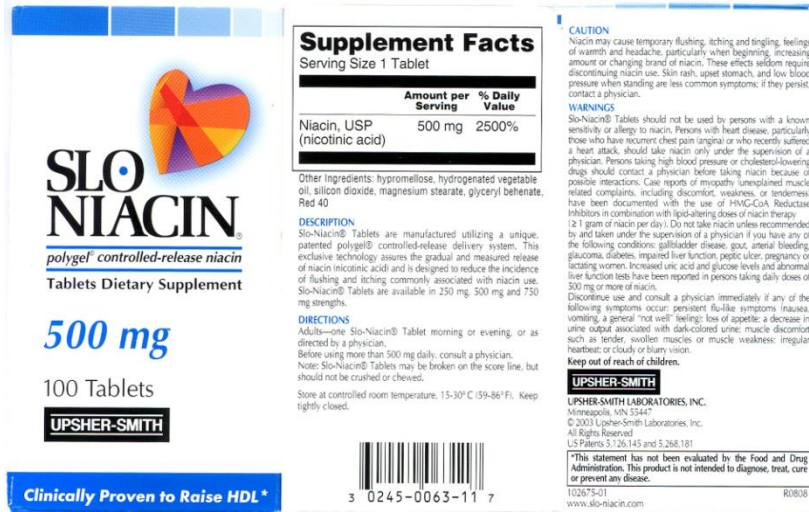


Niacin Therapy

January 2010

Purchase the niacin brand “Slo-Niacin 500 mg” only. Other brands of ‘time-release’ niacin can damage your liver. It can be found on Amazon.com.



SLO NIACIN
polygel® controlled-release niacin
Tablets Dietary Supplement

500 mg

100 Tablets

UPSHER-SMITH

Clinically Proven to Raise HDL*

Supplement Facts
Serving Size 1 Tablet

	Amount per Serving	% Daily Value
Niacin, USP (nicotinic acid)	500 mg	2500%

Other Ingredients: hypromellose, hydrogenated vegetable oil, silicon dioxide, magnesium stearate, glyceryl behenate, Red 40

DESCRIPTION
Slo-Niacin® Tablets are manufactured utilizing a unique, patented polygel® controlled-release delivery system. This exclusive technology assures the gradual and measured release of niacin (nicotinic acid) and is designed to reduce the incidence of flushing and itching commonly associated with niacin use. Slo-Niacin® Tablets are available in 250 mg, 500 mg and 750 mg strengths.

DIRECTIONS
Adults—One Slo-Niacin® Tablet morning or evening, or as directed by a physician.
Before using more than 500 mg daily, consult a physician.
Note: Slo-Niacin® Tablets may be broken on the score line, but should not be crushed or chewed.

Store at controlled room temperature, 15-30° C (59-86° F). Keep tightly closed.

CAUTION
Niacin may cause temporary flushing, itching and tingling, feelings of warmth and headache, particularly when beginning, increasing amount or changing brand of niacin. These effects seldom require discontinuing niacin use. Skin rash, upset stomach, and low blood pressure when standing are less common symptoms; if they persist, contact a physician.

WARNINGS
Slo-Niacin® Tablets should not be used by persons with a known sensitivity or allergy to niacin. Persons with heart disease, particularly those who have recurrent chest pain (anginal) or who recently suffered a heart attack, should take niacin only under the supervision of a physician. Persons taking high blood pressure or cholesterol-lowering drugs should consult a physician before taking niacin because of possible interactions. Case reports of myopathy (unexplained muscle related complaints, including discomfort, weakness, or tenderness) have been documented with the use of HMG-CoA Reductase inhibitors in combination with lipid-altering doses of niacin therapy (≥ 1 gram of niacin per day). Do not take niacin unless recommended by and taken under the supervision of a physician if you have any of the following conditions: gallbladder disease, gout, ureteral bleeding, glaucoma, diabetes, impaired liver function, peptic ulcer, pregnancy or lactating women. Increased uric acid and glucose levels and abnormal liver function tests have been reported in persons taking daily doses of 500 mg or more of niacin. Discontinue use and consult a physician immediately if any of the following symptoms occur: persistent flu-like symptoms (nausea, vomiting, a general "not well" feeling); loss of appetite; a decrease in urine output associated with dark-colored urine; muscle discomfort such as tender, swollen muscles or muscle weakness; irregular heartbeat; or cloudy or bloody vision.

Keep out of reach of children.

UPSHER-SMITH
UPSHER-SMITH LABORATORIES, INC.
Winneapolis, MN 55447
© 2003, Upsher-Smith Laboratories, Inc.
All Rights Reserved
US Patents 5,126,145 and 5,268,181

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

102675-01
www.slo-niacin.com
R0808

3 0245-0063-11 7

Start by taking one pill at bedtime with a large glass of water.

The major side-effect of taking niacin is flushing, burning, and tingling of the skin which usually starts around the neck and shoulders and can then spread up and down your body. It typically lasts about 10 to 30 minutes but the severity and frequency of these symptoms is extremely variable. Some people have very few of these episodes which may be very mild, others have much worse symptoms. These may appear to be an allergic reaction but they are not.

Things that you can do to reduce these symptoms:

- 1) Take an Aspirin 325 mg (adult size) 30 minutes before the niacin
- 2) Eat a protein snack like cottage cheese with the niacin
- 3) Some people believe that applesauce may be particularly helpful
- 4) Take a Benadryl 25 mg when the flush starts - it does not help if you take it with the niacin
- 5) Start with a low dose of Slo-Niacin (500 mg) and increase it every 2-3 weeks
- 6) Sometimes the flushing improves as you increase the dose
- 7) **Do not miss a dose because the flushing will be worse the next night**
- 8) If you do miss a dose, restart with just 500 mg and titrate back up over 3-7 days

Increase the dose by one pill (500 mg) every two to three weeks until you reach your target dose (usually four pills or 2,000 mg). All the pills can be taken at bedtime or you can spread them out over the day if this works better for you. The full effect that the niacin will have on your cholesterol can take up to 9 months.