

## NIACIN

Niacin (Vitamin B3) is essential for vibrant health. Symptoms of niacin deficiency include dizziness & fatigue.

### BENEFITS

- Promotes healthy body
- 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.
- Vitamin B3 in the form of niacinamide does not cause flushing. However, niacinamide does not have all the same properties of niacin.



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