









Heart & Vascular - High Cholesterol: Does Niacin cause night



 07-30-2007, 08:47 PM	#1
<p>hotdam Veteran (female)</p>  <p>Join Date: Mar 2007 Location: Saint Cloud, FL Posts: 398</p> 	<p>Does Niacin cause night sweating?</p> <hr/> <p>has anyone experienced night sweats taking niacin?</p>







Sponsors 







 07-30-2007, 09:16 PM	#2
<p>jimmyd57 Junior Member (male)</p>  <p>Join Date: Jul 2007</p>	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>I have been taking Niaspan (1000mg)for about 4 months now and the only side affect is some flushing when I eat something. I usually take it before supper and the flushing starts about 15 minutes after I have finished supper. No sweating so far..... JIm</p>


Location: Comox,BC,Canada	
Posts: 25 	


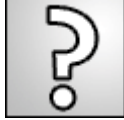

 07-31-2007, 04:53 AM	#3
music12 Inactive (female) Join Date: Dec 2006 Posts: 406 	Re: Does Niacin cause night sweating? <hr/> Quote: Originally Posted by hotdam  has anyone experienced night sweats taking niacin? I have been taking Niacin for years and have never found that it lead to night sweats. If you are going to "flush" that will usually occur within an hour of taking Niacin and that effect is very definable as "flushing". I do have night sweats but they are related to an immune disorder, not the Niacin. Another possibility is if you are menopausal as that can also produce night sweats.

 07-31-2007, 05:44 AM	#4
Lenin Senior Veteran (male)  Join Date: Nov 2004	Re: Does Niacin cause night sweating? <hr/> I found that sweating can come with the flushing experience. I've experienced both together several hours after my bedtime dose of slow release niacin. <hr/> <i>Last edited by Lenin; 07-31-2007 at 05:44 AM.</i>


Posts: 8,456 	
 07-31-2007, 02:51 PM	#5
Guy1_USA Inactive (male) Join Date: Mar 2007 Location: USA Posts: 510 	Re: Does Niacin cause night sweating? <hr/> <p>I take 3000 mg niacin and rarely feel any flushing. If I flush, the flushing makes me warm... and if I get too warm, no matter what the reason, I will sweat in my sleep.</p> <p>The trick is to throw off all your covers and expose all the skin you can to the air to cool off... this means pulling up my t-shirt, for me.</p> <p>Honestly... any flushing that occurs (rare to happen) I kind of like. It's just a warm feeling I get... like I'm hot. Not a big deal. The feeling ends in 15 to 30 minutes.</p>
 07-31-2007, 02:59 PM	#6
hotdam Veteran (female)  Join Date: Mar 2007 Location: Saint Cloud, FL Posts: 398 	Re: Does Niacin cause night sweating? <hr/> <p>Thanks I was getting a little worried, I am pre menopause but I take drugs for that too, I wonder why I dont sweat during the day but only at night because I take it in the morning and at night.</p>




 07-31-2007, 03:02 PM	#7
<p>Guy1_USA</p> <p>Inactive (male)</p> <p>Join Date: Mar 2007</p> <p>Location: USA</p> <p>Posts: 510</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>Try it only at night... before bed. I received much better lipid results by only taking it at bedtime... and never had hot flashes while awake.</p>
 07-31-2007, 06:47 PM	#8
<p>hotdam</p> <p>Veteran (female)</p>  <p>Join Date: Mar 2007</p> <p>Location: Saint Cloud, FL</p> <p>Posts: 398</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>are you saying to take 1000 mg at night time before bed?</p>
 08-01-2007, 12:55 PM	#9





<p>Guy1_USA</p> <p>Inactive (male)</p> <p>Join Date: Mar 2007</p> <p>Location: USA</p> <p>Posts: 510</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>I take 3000 mg Niaspan right before bed every night. Never had an issue doing this, and my lipids improved over taking half in the morning, and half in the evening.</p> <p>My understanding is that your liver produces the majority of your body's cholesterol at night during your sleep cycle. So, taking niacin at night effects this cholesterol production the best.</p>

 08-01-2007, 02:25 PM	<p>#10</p>
<p>hotdam</p> <p>Veteran (female)</p>  <p>Join Date: Mar 2007</p> <p>Location: Saint Cloud, FL</p> <p>Posts: 398</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>You take Niaspan I am taking the Slo-Niacin would it make a difference if I took the 1000 mg at night instead of twice a day?</p>

 08-01-2007, 02:47 PM	<p>#11</p>
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<p>Guy1_USA</p> <p>Inactive</p> <p>(male)</p> <p>Join Date: Mar 2007</p> <p>Location: USA</p> <p>Posts: 510</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>I don't know. I would think the only thing you would have to be concerned about is the flushing 1000 mg of Slo-release may give you. I don't get flushing from 3000 mg of Niaspan... but I somehow feel this would not be true for any other form of niacin.</p> <p>I only take Niaspan extended release. I have insurance, so it only costs me \$50 for a 90 day supply (270 -- 1000 mg tabs). But I would gladly pay the \$1000 or so a year it would cost without insurance as I have nearly zero side effects from Niaspan, and I have achieved far superior results from Niaspan that I ever have with statins, or any other cholesterol meds or diet modifications.</p> <p>I have been dealing with High Cholesterol for 16 years... and I would not consider an over the counter solution to save money when Niaspan has proved so successful. 😊</p> <hr/> <p><i>Last edited by Guy1_USA; 08-01-2007 at 03:19 PM.</i></p>

<p> 08-01-2007, 03:27 PM</p>	<p>#12</p>
<p>Lenin</p> <p>Senior Veteran</p> <p>(male)</p>  <p>Join Date: Nov 2004</p> <p>Posts: 8,456</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>Venture Man, It's considerably worse than that for us folks without drug coverage: My favorite discount pharmacy charges \$331.82 for 90 tabs of 1000 mg.</p> <p>So that's about one dollar less than \$4 GRAND a year. 😞 That's a LOT of money for niacin. <<I knew it was pricey but that price totally blew me away!>></p> <p>So now you know why many of us take the OTC Time-Release formulation. 🇺🇸</p> <hr/> <p><i>Last edited by Lenin; 08-01-2007 at 03:50 PM.</i></p>

 08-01-2007, 11:19 PM	#13
<p>Guy1_USA</p> <p>Inactive (male)</p> <p>Join Date: Mar 2007</p> <p>Location: USA</p> <p>Posts: 510</p> 	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>Lenin,</p> <p>You may want to rethink what "discount pharmacy" you purchase from... sounds like they charge you full retail.</p> <p>[removed] I've seen "discount pharmacies" price them at \$1 to 1.25 for a 1000 mg tab. Even Costco sells 100 tabs of 1000 mg of Niaspan for \$207.54, and that is retail.</p> <p>Yikes... no wonder the price freaks you out... 😬 at \$3.69 each, I would be freaked too. Time to shop around for a better discount pharmacy... 😊</p> <p>So Yes... as I stated, I would be willing to pay around \$1000 a year (\$1095 to \$1369) for 3000 mg of Niaspan a day. Most folks only take 2000 mg a day, so it would cost 1/3rd less for them.</p> <p>It's a Fair price for great results.</p> <hr/> <p><i>Last edited by Guy1_USA; 08-02-2007 at 09:26 PM. Reason: do not discuss online purchasing</i></p>
 08-02-2007, 06:56 AM	#14
<p>hotdam</p> <p>Veteran (female)</p>  <p>Join Date: Mar 2007</p> <p>Location: Saint Cloud, FL</p>	<p>Re: Does Niacin cause night sweating?</p> <hr/> <p>Luckily I have insurance and will call my Doctor for a script, of course he will want to see me but I test again next month and I want to make sure with everything I have been doing so far has made a huge difference, I guess we wait and see.</p>

Posts: 398 ■	
■ 08-02-2007, 07:00 AM	#15
music12 Inactive (female) Join Date: Dec 2006 Posts: 406 ■	Re: Does Niacin cause night sweating? <hr/> [removed] VentureMan, How is Niaspan different from Flush Niacin. Is it just than it is time-released? <hr/> <i>Last edited by mod-anon; 08-02-2007 at 07:14 AM. Reason: do not discuss online purchasing</i>

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