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**Niacin Flush  
Management**  
2/13/2021

Read the article entitled "Niacin" at [cohlife.org/niacin](http://cohlife.org/niacin) to understand why you are taking it.

**\* Important Note: The niacin protocol requires monitoring by a physician. If any untoward effects, return to the prior level and wait until next visit. Go to Emergency Room or Urgent Care center if any symptoms are serious.**

**Niacin can cause a lowering of blood pressure, especially if suddenly increased (or started at too high a dose). While lowering blood pressure can be helpful, this effect can be dangerous, like any agent that lowers blood pressure too much. For this reason, plus others (such as detox) niacin should be taken under proper supervision of an experienced and licensed health care practitioner.**

The niacin flush itself is not dangerous but can be scary; usually lasts 15-30 minutes, can be up to 60 min.

"Flush" can look like:

- Pink or red skin anywhere on body
- Feeling of hot/sunburn/hot flash
- "Allergy" symptoms which could include hives, stuffed nose, swelling of eyelids
- Prickly sensation in skin which may be interpreted as pain

Can be mitigated by:

- Taking with meals/food
- Smaller doses spread out
- Consistent schedule (not skipping doses)
- Not with alcohol
- Not with hot liquid
- Consistent fluid intake (urine not dark)
- High dose vitamin C (as high as 2000-5000 mg 4x/day, to bowel tolerance)
- (Take anti-histamine or aspirin before)