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## Does Niacin cause night sweating?

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07-30-2007, 07:47 PM #1

**hotdam**  
Veteran  
(female)  
Join Date: Mar 2007  
Location: Saint Cloud, FL  
Posts: 398

**Does Niacin cause night sweating?**  
has anyone experienced night sweats taking niacin?



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07-30-2007, 08:16 PM

**jimmyd57**  
Junior Member  
(male)

Re:

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Join Date: Jul 2007  
Location: Comox,BC,Canada  
Posts: 25

I have been taking Niaspan (1000mg) for about 7 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

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| <a href="#">Niaspan</a>   | <a href="#">Zetia</a>       |
| <a href="#">Pravachol</a> | <a href="#">Zocor</a>       |

**TOP THANKED CONTRIBUTORS**

yackedar (32), JJ (25), jenj770 (13), ARIZONA73 (10), rudiraven (10), tess201 (7), Titchou (5), phil58 (4), AussieBloke (4), ladybud (4)

**Site Wide Totals**

teteri66 (1419), MSJayhawk (1179), Titchou (1152), Apollo123 (1020), ladybud (898), janewhite1 (821), MSNik (815), Gabriel (789), midwest1 (733), sammy64 (666)

07-31-2007, 03:53 AM #3

music12  
Inactive  
(female)

Join Date: Dec 2006  
Posts: 406

**Re: Does Niacin cause night sweating?**

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, 04:44 AM #4

Lenin  
Senior Veteran  
(male)

Join Date: Nov 2004  
Posts: 8,456

**Re: Does Niacin cause night sweating?**

I found that sweating can come with the flushing experience.

I've experniced both together several hours after my bedtime dose of slow release niacin.

*Last edited by Lenin; 07-31-2007 at 04:44 AM.*

07-31-2007, 01:51 PM #5

Guy1\_USA  
Inactive  
(male)

Join Date: Mar 2007  
Location: USA  
Posts: 510

**Re: Does Niacin cause night sweating?**

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.

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.

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.

07-31-2007, 01:59 PM #6

hotdam  
Veteran  
(female)

Join Date: Mar 2007  
Location: Saint Cloud, FL  
Posts: 398

**Re: Does Niacin cause night sweating?**

The tak  
but

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07-31-2007, 02:02 PM

#7

Guy1\_USA

Inactive  
(male)Join Date: Mar 2007  
Location: USA  
Posts: 510**Re: Does Niacin cause night sweating?**

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.

07-31-2007, 05:47 PM

#8

hotdam

Veteran  
(female)Join Date: Mar 2007  
Location: Saint Cloud, FL  
Posts: 398**Re: Does Niacin cause night sweating?**

are you saying to take 1000 mg at night time before bed?

08-01-2007, 11:55 AM

#9

Guy1\_USA

Inactive  
(male)Join Date: Mar 2007  
Location: USA  
Posts: 510**Re: Does Niacin cause night sweating?**

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.

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.

08-01-2007, 01:25 PM

#10

hotdam

Veteran  
(female)Join Date: Mar 2007  
Location: Saint Cloud, FL  
Posts: 398**Re: Does Niacin cause night sweating?**

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?

08-01-2007, 01:47 PM

#11

Guy1\_USA

Inactive  
(male)Join Date: Mar 2007  
Location: USA  
Posts: 510**Re: Does Niacin cause night sweating?**

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.

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.

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. 😊

*Last edited by Guy1\_USA; 08-01-2007 at 02:19 PM.*

08-01-2007, 02:27 PM

Lenin  
Senior Veteran  
(male)Join Date: Nov 2004  
Posts: 8,456Re:  
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It's  
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My favorite discount pharmacy charges \$99.102 for 90 tabs of 1000 mg.

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!>>

So now you know why many of us take the OTC Time-Release formulation. 🌐

*Last edited by Lenin; 08-01-2007 at 02:50 PM.*

08-01-2007, 10:19 PM

#13

Guy1\_USA

Inactive  
(male)

Join Date: Mar 2007  
Location: USA  
Posts: 510

**Re: Does Niacin cause night sweating?**

Lenin,

You may want to rethink what "discount pharmacy" you purchase from... sounds like they charge you full retail.

[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.

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... 😊

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.

It's a Fair price for great results.

*Last edited by Guy1\_USA; 08-02-2007 at 08:26 PM. Reason: do not discuss online purchasing*

08-02-2007, 05:56 AM

#14

hotdam

Veteran  
(female)

Join Date: Mar 2007  
Location: Saint Cloud, FL  
Posts: 398

**Re: Does Niacin cause night sweating?**

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.

08-02-2007, 06:00 AM

#15

music12

Inactive  
(female)

Join Date: Dec 2006  
Posts: 406

**Re: Does Niacin cause night sweating?**

[removed]

VentureMan,

How is Niaspan different from Flush Niacin. Is it just than it is time-released?

*Last edited by mod-anon; 08-02-2007 at 06:14 AM. Reason: do not discuss online purchasing*

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