

Read the article entitled “Niacin” on my website to understand why you are taking it.

Niacin flush 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:

1) Take with food

2) Smaller doses spread out

3) Consistent schedule (not skipping doses)

4) Not with alcohol

5) Not with hot liquid

6) Consistent fluid intake (urine not dark)

7) High dose vitamin C (as high as 2000-5000 mg 4x/day, to bowel tolerance)

(Take anti-histamine or aspirin before)