

## **SLO-NIACIN® Tablets**

Dietary Supplement

250, 500, and 750 mg

### **DESCRIPTION**

SLO-NIACIN® Tablets are manufactured utilizing a distinctive, polygel® controlled-release delivery system. This exclusive technology ensures the gradual and measured release of niacin (nicotinic acid, a form of vitamin B<sub>3</sub>) and is designed to reduce the incidence of flushing and itching commonly associated with niacin use. SLO-NIACIN® Tablets are available in 250 mg, 500 mg, and 750 mg strengths.

### **SUGGESTED USE**

SLO-NIACIN® is a member of the vitamin B-complex group (nicotinic acid, vitamin B<sub>3</sub>) and is suggested as a dietary supplement. This product has the advantage of a slower release of niacin than conventional dosage forms. This may permit its use by those who do not tolerate immediate-release tablets.

### **DIRECTIONS**

250 mg: Adults — one SLO-NIACIN® Tablet morning or evening, or as directed by a physician.

500 mg: Adults — one SLO-NIACIN® Tablet morning or evening, or as directed by a physician.

750 mg: Adults — one SLO-NIACIN® Tablet morning or evening, or as directed by a physician.

Before using 500 mg daily or more, consult a physician.

Note: SLO-NIACIN® Tablets may be broken on the score line, but should not be crushed or chewed.

Store at controlled room temperature, 15-30° C (59-86° F).

### **INFO & TIPS ON FLUSHING**

#### **What is flushing?**

Flushing is a common side effect of niacin therapy, including SLO-NIACIN®.

Flushing is associated with temporary itching and tingling, feelings of warmth and headache, particularly when beginning or increasing the dose. These effects seldom require discontinuation of niacin.

#### **Tips to avoid flushing**

- Talk to your healthcare professional about taking 1 aspirin or ibuprofen 30 minutes **before** taking SLO-NIACIN® Tablets
- Take SLO-NIACIN® Tablets with a low-fat snack and cold water
- Take SLO-NIACIN® Tablets **before** going to bed
- **Do not** take SLO-NIACIN® Tablets with spicy foods, alcohol, coffee, tea, or other hot drinks

### **CAUTION**

Niacin may cause temporary flushing, itching and tingling, feelings of warmth and headache, particularly when beginning, increasing amount or changing brand of niacin. These effects

seldom require discontinuing niacin use. Skin rash, upset stomach, and low blood pressure when standing are less common symptoms; if they persist, contact a physician.

## **WARNINGS**

SLO-NIACIN<sup>®</sup> Tablets should not be used by persons with a known sensitivity or allergy to niacin. Persons with heart disease, particularly those who have recurrent chest pain (angina) or who recently suffered a heart attack, should take niacin only under the supervision of a physician. Persons taking high blood pressure or cholesterol-lowering drugs should contact a physician before taking niacin because of possible interactions. Case reports of myopathy (unexplained muscle related complaints, including discomfort, weakness, or tenderness) have been documented with the use of HMG-CoA Reductase Inhibitors in combination with lipid-altering doses of niacin therapy ( $\geq 1$  gram of niacin per day). Do not take niacin unless recommended by and taken under the supervision of a physician if you have any of the following conditions: gallbladder disease, gout, arterial bleeding, glaucoma, diabetes, impaired liver function, peptic ulcer, pregnancy or lactating women. Increased uric acid and glucose levels and abnormal liver function tests have been reported in persons taking daily doses of 500 mg or more of niacin.

Discontinue use and consult a physician immediately if any of the following symptoms occur: persistent flu-like symptoms (nausea, vomiting, a general “not well” feeling); loss of appetite; a decrease in urine output associated with dark-colored urine; muscle discomfort such as tender, swollen muscles or muscle weakness; irregular heartbeat; or cloudy or blurry vision.

**Keep out of reach of children.**

## **INGREDIENTS**

250 mg niacin (nicotinic acid), supplying 1,250% of the Daily Value (DV) for niacin.

500 mg niacin (nicotinic acid), supplying 2,500% of the Daily Value (DV) for niacin.

750 mg niacin (nicotinic acid), supplying 3,750% of the Daily Value (DV) for niacin.

Each tablet also contains: hypromellose, hydrogenated vegetable oil, silicon dioxide, magnesium stearate, glyceryl dibehenate, Red 40.

Manufactured by

**UPSHER-SMITH LABORATORIES, INC.**

6701 Evenstad Drive

Maple Grove, MN 55369

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