

OurHealthNews

Making Health Affordable
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NOTES FROM THE KAT

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Greetings [[firstname]],

Benefits of the Niacin Flush - Are You Getting Enough Vitamin B-3?

B-100 Plus, one of our top-sellers, has been the subject of a few notes to this kat of late. One of the forms of niacin in the formula, nicotinic acid, has been causing some folks to flush and they wanted to understand why.

First, a review of niacin, which comes in two forms: nicotinic acid (the flushing form) and niacinimide (the non-flushing form). Both forms of niacin are important. However, nicotinic acid is especially noted for supporting heart health and normal cholesterol levels. In addition to heart health support, niacin or vitamin B-3 performs other big jobs like converting carbohydrates into energy and supporting nervous system, digestive system, skin, hair, and eye health.

Now, back to niacin and flushing. Our B-100 Plus has only 20mg of nicotinic acid, while the bulk of the niacin in our B-100 Plus is the non-flushing niacinimide (80mg). While it's a small amount, 20mg of nicotinic acid is still enough to cause a niacin flush in sensitive folks.

However, it turns out a little niacin flush is a good thing!

Niacin Flushing Helps Rid Your Body of Stored Toxins

Supplying all your little cells with nutrients and oxygen via your bloodstream depends on several large arteries and thousands of tiny capillaries. While the large organs of your body receive blood from large arteries, a great deal of your body, particularly the parts near your skin, receive blood supply from thousands of tiny capillaries.

Niacin causes those tiny capillaries to widen, thus allowing more blood to flow to tissues and skin. Capillaries can be so small that blood cells can only go through in single file, thus niacin can help double blood flow to areas that need extra nourishment. Flushing simply equates to more blood flowing in tiny capillaries close to the surface of your body.

Increasing fresh blood into the cells is an important benefit, yet a niacin flush can also flush long-stored stored toxins out of your cells!

The waste expelled from your cells then triggers histamine production. And, while histamine release causes an itchy feeling, it also tells your body to send more water, blood, and nutrients to "take the trash out." Three cheers for additional resources to all your little cells!

Why Some People Experience Niacin Flush

So, why do some people flush and others don't, you ask?! The answer is simple genetics. Some folks more rapidly metabolize nicotinic acid into nicotinuric acid, a niacin metabolite that relaxes capillaries, boosts blood nourishing blood flow, and causes flushing.

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7. [B-Trio](#)
8. [Constant Health Vanilla \(single-serving\)](#)
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Member Spotlight



Dear Co-op,

Thanks for some really great products at great prices! Your computer support person (Stephen) is very good too.

Susan H.

Tell-A-Friend



Please "Tell a Friend"

If your friends and family care about supplement quality *and* love a good deal, they will certainly thank you!

^..^



Contact Us

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If you have experienced uncomfortable niacin flushing, yet want the benefits of the heart-healthy nicotinic acid form of niacin, here are some tips:

- Take niacin supplements with your larger meals (lunch or dinner) to slow digestion.
- Drink 1-2 glasses of water to cool the heat of flushing if you are sensitive to nicotinic acid. This often will work within a few minutes.
- If you still have flushing that is uncomfortable, take a 325mg uncoated aspirin to break your flush more quickly.

While, niacin is best taken right after eating, as food slows absorption and thus mediates flushing, taking niacin before bedtime can work well too. Many folks sleep better due to niacin's relaxation effects. And, if you're sensitive to niacin but fall asleep easily, you just may be asleep before any flushing occurs!

Niacin Requirements & Saturation

When you flush, your body may also be telling you that it has enough niacin. Ideally, you want to take just enough niacin to have a slight flush. This means a pinkness to your cheeks, ears, neck, forearms and perhaps elsewhere. A slight flush should last only about ten minutes.

If you take more niacin than your system needs or can store, the flush may be more pronounced and longer lasting. If you flush beet red for half an hour and feel weird, it's likely you took too much niacin.

The more niacin your body can store, the more you need to replenish those stores. If you flush early, you don't need as much niacin. If flushing doesn't happen until ingesting a high level of niacin, then your body requires more niacin for optimal health.

You can keep track of how much niacin it takes to induce a slight flush, which will give you an indicator of how much niacin you need.

Beware "No Flush" or Sustained-Release Niacin Forms

Many of you have heard of sustained-release niacin, which is advertised as not causing a flush at all. This claim may not be completely true, as sometimes the flush is just postponed. The sustained-release niacin products can have some bad side effects too, like stomach upset, fatigue, and even liver trouble with higher doses, so these are some considerations. In addition to being more expensive, sustained-release niacin also makes it difficult to assess your body's real niacin needs and saturation points.

So fair members, a niacin flush isn't inherently a bad thing, but is instead something to notice and respond to based on your own body's needs and signals.

Read more about the truly vital importance of B Vitamins to your health on our [B-100 Plus product page](#).

Health in the News

- [Two Food Additives Have Previously Unrecognized Estrogen-like Effects](#). Scientists in Italy are reporting development and successful use of a fast new method to identify food additives that act as so-called "xenoestrogens" – substances with estrogen-like effects that are stirring international health concerns.
- [Broccoli May Help Protect Against Respiratory Conditions Like Asthma](#). UCLA researchers report that a naturally occurring compound found in broccoli and other cruciferous vegetables may help protect against respiratory inflammation that causes conditions like asthma, allergic rhinitis and chronic obstructive pulmonary disease.

That's all for now, fair members!

Still purringly yours,

Guido

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Please use the following link to order products:

<http://store.ourhealthcoop.com>

DO NOT write to Guido about orders, as your order inquiry will only be delayed!!! The "kat" is happy to receive and respond to other types of notes though!

For all questions related to orders, or for email orders, PLEASE USE: orders@ourhealthcoop.com

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