



## NICOTINAMIDE

### Heliocare Advanced/Nicotinamide:

- Heliocare Advanced contains nicotinamide 500mg
  - Take one pill twice a day.
  - This can be purchased at a local drugstore or off Amazon.
- Nicotinamide 500mg (or niacinamide)
  - Take one pill twice a day.
  - This can be purchased at a local drugstore or off Amazon. A reliable brand available on Amazon is Biophix

### **\*VERY IMPORTANT\***

- Nicotinamide may also be called Niacinamide, these are different names for the same product.
- Nicotinamide is a form of Vitamin B3.
- Vitamin B3 may also be called Niacin or Nicotinic acid.
  - Do not get regular Vitamin B3/Niacin/Nicotinic acid- it will be more likely to cause flushing
  - Ask your pharmacist for help if you are unsure if you have the right product.
- DO NOT take Heliocare Advanced or Nicotinamide in high doses if:
  - You have liver disease
  - Are on dialysis
  - Uncontrolled Diabetes
- Stop if you develop any nausea or low blood pressure