Niacin, also referred to as Vitamin B3 or Nicotinic acid, is recognized as a cardioprotective agent, primarily due to its action in inhibiting triglyceride synthesis, resulting in both an increased HDL, and a lowered triglyceride level. In fact, niacin has been associated with an increase in HDL by as much as 30%. In the body, its primary function is as a component of the coenzymes NAD\(^+\) and NADP\(^+\), both of which function in the redox state of the cell.

In addition to these actions, it has also been confirmed to hinder vascular inflammation, via its action on decreasing endothelial reactive oxygen species (ROS) production, and succeeding LDL oxidation, as well as to decrease the production of inflammatory cytokines.

As indicated by Chapman, a therapeutic increase in HDL levels coupled with the normalization of HDL function translates into a slowed progression of coronary artery dysfunction, along with a reduction in cardiovascular risk.

Cautionary Note: High intake of niacin may impact:
1) antidiabetic drugs, requiring an adjustment in their dosage, 2) alpha blockers and calcium channel blockers, potentiating (increasing) their hypotensive effects and thereby requiring an adjustment in their dosage, 3) statins, producing a complementary antihyperlipidemic effect and thereby requiring an adjustment in their dosage. Those taking niacin may experience a flushing effect which is transient. Tolerance to this effect occurs with continued use.

References

Niacin 100™ is available in 150-count bottles (#1136).