



# NIACIN 烟碱酸

Niacin, also known as Vitamin B3, is one of the 8 important B vitamins. All B Vitamins are water-soluble, which means that they dissolve in water and are carried to the tissues of the body. Any excess is flushed out of the body through urination. Therefore, a steady supply and constant replenishment of B Vitamins are required to ensure you are getting enough to meet your body's needs.

Niacin can be found in meat, poultry, fish, seeds, nuts, legumes and mushrooms. However, Niacin can be easily lost during the cooking process. Hence, people may not usually get enough Niacin from their diet. This is why Niacin supplementation is required.

## Forms of Vitamin B3

There are two forms of Vitamin B3; Niacin and Niacinamide. Although both of them have common benefits, ONLY Niacin has been proven to be able to lower cholesterol levels and to be effective in the prevention and treatment of cardiovascular diseases (more details on this below).

Niacin is a vasodilator, it improves the circulation to areas starved of oxygen and nutrients. Within 20-30 minutes of taking Niacin, the blood vessels dilate, and a warm sensation spreads across the body. This sensation is commonly known as the 'Niacin Flush' and is similar to the feeling that you get after a good workout. The degree of the flush varies from person to person, and less flush is experienced when taken just after meal. Regardless of the degree of flush one might experience, it does not affect the effectiveness of Niacin for its various therapeutic uses.

## Long Term Benefits from Taking Niacin Daily

Niacin has a number of well-researched therapeutic uses. Here are a few of them:

**1 Detoxification:** Niacin possesses the ability to detoxify the body from xenobiotics (compounds that include drugs, food additives and environmental pollutants) stored in fat cells. There's added benefit in detoxification and rejuvenation when Niacin is taken just before exercise or sauna.

**排毒:** 烟碱酸具有清除脂肪细胞中所储存的外源性物质（包括药物、食品添加剂和环境污染物质）。在运动或桑拿前服用烟碱酸对身体排毒和恢复体力具有更显著的好处。



烟碱酸也就是我们常说的维生素B3，是八种重要的B群维生素之一。所有的B群维生素都是水溶性的，即它们可溶于水，被运送到人体各个组织。未被运用、剩余的B群维生素都会随着尿液排出体外。因此，定期和不间断地为身体补充B群维生素是必要的，以确保满足您身体机能的需要。

烟碱酸主要存在于肉类、家禽类、鱼类、种籽、坚果、豆类和蘑菇中，但它们却很容易在烹饪过程中流失。因此，大多数人很难在饮食中获得足够的烟碱酸。这就是为什么我们需要定期补充烟碱酸保健品。

## 维生素B3的形式

维生素B3分成两种形式：烟碱酸和烟酰胺。虽然它们都有共同的好处，但只有烟碱酸被证明具有降低胆固醇水平和有效预防及治疗心血管疾病的功效。（详见下文）

烟碱酸是一种血管扩张剂，它可促进缺氧和营养不良的部位中的血液循环。服用烟碱酸20至30分钟后，体内血管扩张，全身会慢慢感到温热。这种感觉通常被称为“烟碱酸潮红”，与刚运动完后的感觉相似。潮红的程度因人而异，饭后服用会减轻潮红反应。不管潮红的程度如何，它都不会影响烟碱酸的各种治疗效果。

## 长期每日服用烟碱酸的好处

烟碱酸有许多经过充分研究证实的治疗作用，如下：

**2 Energy:** Niacin deficiency can cause tiredness and fatigue. Regular intake of Niacin has been reported to cause a natural boost in energy.

**能量:** 缺乏烟碱酸可导致疲劳和倦怠。定期服用烟碱酸可自然增强体力。





**3 Joint Health:** Studies have shown that increased Niacin intake may be linked with decreased levels of joint pain. In addition to this, the inflammation lowering effect of Niacin can help reduce symptoms of arthritis and rebuild cartilage that is crucial for joint mobility and strength.

**关节健康:** 研究显示, 增加烟碱酸的摄入量与减轻关节疼痛有关。此外, 烟碱酸的消炎作用可帮助减轻关节炎的症状及修复重建对关节活动和施力非常重要的软骨。

**4 Depression:** Many researchers now agree that depression is often caused by inflammation of the nervous system. They also found that Niacin is very effective in treating psychological issues like depression because of its anti-inflammatory effect on the body.

Research on 30,000 men from 50-69 years of age showed a strong link between suicide risk, depression and cholesterol levels. This gives credibility to the hypothesis that lowering cholesterol levels naturally, with the aid of Niacin should lessen symptoms of depression.

**抑郁症:** 许多研究人员都一致认为抑郁症一般是由神经系统发炎所引起的。他们也发现由于烟碱酸具有消炎功能, 因此在治疗抑郁症等心理问题方面非常有效。

一项针对年龄介于50至69岁之间的3万名男性进行的研究显示, 自杀、抑郁症和胆固醇水平之间存有很强烈的联系。这加强了利用烟碱酸来自然地降低胆固醇水平的同时也可减轻抑郁症状的理论的可靠性。



**5 Fights Dementia and Alzheimer's Disease:** It is alarming to discover that dementia and Alzheimer's disease are becoming more and more common. The B Vitamins (namely B12, B6, B9 and B3 or Niacin) are among the vitamins that are known to protect memory function.

Intake of Niacin has led to improvements in cognitive tests scores, while deficiency in Niacin can cause dementia and mental confusion. One study found that lower blood levels of Niacin were more common among elderly patients with dementia. A large study published in the Journal of Neurology, Neurosurgery, and Psychiatry looked at Niacin intake and Alzheimer's disease in more than 6,000 people. The researchers found that those with the highest total intake of Niacin were much less likely to get Alzheimer's disease.

**对抗老年痴呆症和阿兹海默症:** 老年痴呆症和阿兹海默症已变得越来越普遍。B群维生素(即B12、B6、B9和B3或烟碱酸)是多种维生素之中最具有保护记忆功能的维生素。

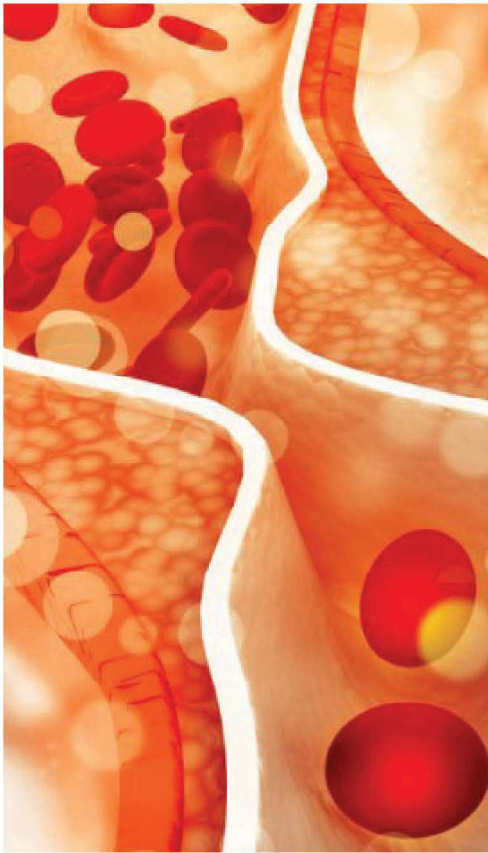
服用烟碱酸能提高认知测试的分数, 而缺乏烟碱酸则可能导致老年痴呆症和精神混乱。一项研究发现, 一般上老年痴呆患者的血液中的烟碱酸水平都比较偏低。发表在于《神经病学、神经外科和精神病学期刊》上的一项大规模研究调查了6000多人中对烟碱酸的摄入量与阿兹海默症的关联。研究人员发现, 服用最高量烟碱酸的人士患上老年痴呆症的可能性要小得很多。



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**Prevents Hair Loss:** Niacin is an important nutrient for hair growth and it does so in several interesting ways. Because of the increased blood flow to the scalp, it increases and promotes hair growth by bringing in nutrients and removing wastes.

**预防脱发:**烟碱酸是促进头发生长的一种重要营养物质，它可通过几种方式发挥作用。首先它可增加头皮部位的血流量，因此达到为头皮运输营养和排除废物的功能，从而促进头发的生长。



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### **Reduces Cholesterol, Triglycerides and Improves Heart Health:**

Since the 1950s, Niacin has been used to treat high cholesterol. It is very effective in bringing balance to cholesterol levels. It does this by reducing inflammation in the body. As a result of the reduction in inflammation, people with problems with their cholesterol levels experience an increase in HDL levels and reduction in their LDL and triglyceride levels. In addition to reducing LDL levels, it also reduces "very low-density lipoproteins" (VLDL). Increased levels of VLDL have been linked to heart disease and cancer.

The recommended doses of Niacin for high cholesterol are quite high and generally fall in the range of 1 to 6 grams (1,000mg – 6,000mg) daily. When taken at these doses, HDL levels increase, LDL is lowered and the rates of cardiovascular problems in high-risk individuals are decreased.

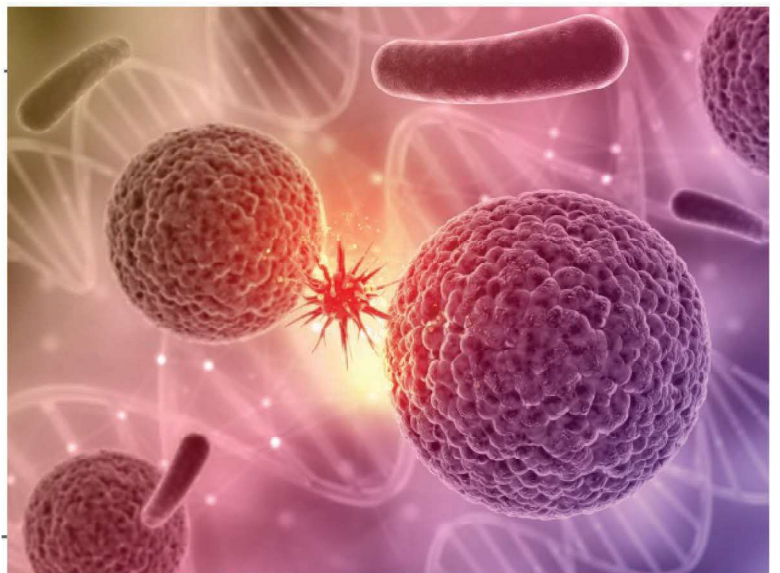
**降低胆固醇、三酸甘油酯和改善心脏健康:**自50年代以来，烟碱酸已被用来治疗高胆固醇症。它在平衡胆固醇水平方面非常有效。它通过减少体内的炎症以降低胆固醇。炎症的减轻有助高胆固醇患者增加高密度脂蛋白水平和降低低密度脂蛋白及甘油三酯水平。除了降低低密度脂蛋白胆固醇水平，它还能降低“极低密度脂蛋白”(VLDL)。极低密度脂蛋白水平的升高与心脏病和癌症有关。

用于治疗高胆固醇所需的烟碱酸剂量相当高，每天必须服用1至6克(1000毫克至6000毫克)的剂量。这样的剂量能成功地增加高密度脂蛋白水平、降低低密度脂蛋白和减少高危人群心血管疾病的发生率。

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**Cancer:** According to a research paper published in NCBI (National Centre for Biotechnology Information) of the U.S.A., Niacin has the potential to influence DNA repair, genomic stability and the immune system, thus having an impact on cancer risk, as well as the side effects of chemotherapy.

**癌症:**根据美国国家生物技术信息中心发表的一篇研究论文，烟碱酸有可能影响脱氧核糖核酸(DNA)修复、基因组稳定性和免疫系统功能，从而影响癌症风险，以及化疗的副作用。





**Word of Caution**

High doses of sustained released (SR) Niacin have been linked to acute liver injury. This is the reason why it is not approved for use in high cholesterol treatment.

NewLife™ Niacin is NOT a SR formula and therefore is safe to consume in high amounts. However, if you have elevated liver functions, please limit the dosage to not more than 500mg daily.

As Niacin is a vasodilator, it causes blood to flow better and faster through the body. Thus, Niacin should not be taken in cases of bleeding or menses. Caution should also be exercised when one is taking blood-thinning medications, as those taking blood thinners have the tendency to bleed internally.

**Tips on Increasing the Dosage of Niacin**

As mentioned above, it is very common to experience a warm sensation (known as the Niacin Flush) spreading across the body. Some people may be more sensitive to the flushing effect than others and would experience the flush after taking 50mg of Niacin, while someone else might only experience it with 200mg or more.

Rest assure, the Niacin Flush is harmless and tends to last not more than 20 minutes. This reaction wears off as you continue to use B3, so please be patient as you build up a tolerance to it.

However, it is wise to start at low doses (50mg three times daily) and gradually increase this amount on a weekly basis until you get up to your target. Splitting your dose to several times a day or taking Niacin after a meal would also help reduce the flush.

**警示**

高剂量的缓释烟碱酸与急性肝损伤有关。这就是为什么它不被批准用来治疗高胆固醇。

新生命血液循环补充丸（烟碱酸）不是缓释型，因此即使是高剂量也可安全服用。但如果肝酶升高，必须将剂量限制在每天不超过500毫克。

烟碱酸是一种血管扩张剂，它能使我们的血液循环得更快、更流畅。因此，在出血或月经过多的情况下不适宜服用烟碱酸。服用血液稀释剂者也应谨慎，因为服用血液稀释剂患者可能有内部出血的倾向。

**提高烟碱酸服用剂量的小提示**

正如以上所提到的，服用烟碱酸后若出现体温升高的感觉（被称为烟碱酸潮红）是很常见的。有些人可能较为敏感，在服用50毫克烟碱酸后就会出现潮红反应，而其他人可能则是在服用200毫克或更多的剂量才会出现此反应。

请放心，烟碱酸潮红是无害的，一般都持续不超过20分钟。只要持续服用，此反应就会逐渐消失。保持耐心，让身体逐渐适应对烟碱酸（维生素B3）的摄取及产生耐受性。

话说如此，谨慎为宜，最好从低剂量开始（每天服用三次，每次50毫克），然后每周逐渐增高剂量，直到达到您的剂量目标。还有，若将每天剂量分开成几次服用或者饭后服用也有助减少潮红反应。

## Who Will Benefit from Niacin?

### 哪些人士可从新生命血液循环补充丸获益？

- those who have poor blood circulation
- those who have high cholesterol level
- those who want to build and maintain healthy skin and hair
- people with depression, schizophrenia and other mental illnesses
- those who want a boost in memory power
- those who want to build and maintain a healthy digestive system
- those who want to reverse or slow the aging process
- those with skin problems, including acne, psoriasis and eczema

- 血液循环欠佳者
- 高胆固醇患者
- 想要拥有及保持健康的皮肤和头发的人士
- 那些患有抑郁症、精神分裂者及其他精神方面的疾病的人士
- 想要提高记忆力的人士
- 想要拥有及保持健康的消化系统的人士
- 想要逆转或缓衰老过程的人士
- 那些患有青春痘、牛皮癣及湿疹等等皮肤问题的人士

\*请参阅第11页以获取更多有关新生命血液循环补充丸的特别优惠。

