

THE WONDERS OF NIACIN

烟碱酸 的神奇功效

Niacin, also known as vitamin B3, is a water-soluble vitamin needed by our body for a wide range of functions. It plays a role in the metabolism of carbohydrates, proteins and fats, as well as assisting in proper function of the nervous system, bile secretion, cell respiration and many more.

烟碱酸，也称为维生素B3，是一种许多身体机能所需的水溶性维生素。它在碳水化合物、蛋白质和脂肪的新陈代谢，以及神经系统、胆汁分泌、细胞呼吸等的正常功能上扮演极重要的角色。



The other wonders that niacin can do for your health are:

Improves blood circulation

Niacin is a potent vasodilator. It dilates your blood vessels and increases blood flow through your organs, supplying them with more oxygen and nutrients.

Lowers cholesterol levels

Studies have shown that niacin supplementation is effective in lowering cholesterol level. It reduces "bad" LDL cholesterol and triglyceride levels while boosting levels of "good" HDL cholesterol.

Lowers your risk of cardiovascular diseases

Niacin can slow or reverse atherosclerosis, which is the build-up of plaque in the arteries that can lead to heart disease. It dilates blood vessels and improves blood flow to areas lacking in oxygen and nutrients, lowering your risk of heart attack and stroke.

Improves mood and mental health

Niacin supports the proper functioning of your brain and enhances your memory. It can lower your risk of developing Alzheimer's disease and age-related cognitive decline. Niacin can also reduce the symptoms of depression, anxiety and insomnia.

Maintains healthy skin

Regular intake of niacin can promote healthy and glowing skin by improving blood circulation, thus stimulating cell growth and repair. Also, it helps to alleviate inflammation, redness, and irritation of the skin, which can help to improve skin conditions such as eczema and dermatitis. Niacin is also used to treat acne.

As niacin is not stored in the body, we need constant replenishment from diet or supplementation. A deficiency in niacin can lead to indigestion, mental impairment, severe skin rash, depression, and even a deadly disease called pellagra. Niacin can be obtained through foods like fish, chicken, peanuts, tuna, broccoli and avocado. However, it is easily lost when foods are processed. Hence, supplementation of niacin is important to achieve optimal health. NewLife™ Niacin offers vitamin B3 that your body needs to enhance blood circulation, support healthy skin, improve memory, lower blood cholesterol level and prevent many degenerative diseases. Maintain your health, vitality and well-being with NewLife™ Niacin now!

Note:

You may experience a flush after the ingestion of niacin. Your skin may become red and warm accompanied by a tingling sensation. This is due to the increased blood flow to the surface areas of your skin. The flush is harmless and will fade over time.

As niacin can increase blood flow, avoid taking niacin during menstruation, the day of surgery or tooth extraction, or if there's any bleeding.

以下是更多有关烟碱酸的神奇健康效益:

促进血液循环

烟碱酸是一种有效的血管扩张剂。它能扩大血管，增加器官血流量，提供它们更多的氧气与营养物质。

降低胆固醇水平

研究显示，摄取烟碱酸可有效降低胆固醇水平。它可减低坏的低密度脂蛋白胆固醇和三酸甘油酯水平，同时提高好的高密度脂蛋白胆固醇水平。

降低心血管疾病的风险

烟碱酸可减缓或逆转动脉粥样硬化斑块，一种积累在动脉里而导致心脏病发的斑块。烟碱酸能扩张血管、促进血液流入缺氧或缺营养的部位、降低心脏病发以及中风的风险。

改善情绪和心理健康

烟碱酸可支持大脑的正常功能和提升记忆力。它可降低患有阿兹海默症和与年龄相关的认知能力退化的风险。烟碱酸也可降低抑郁症、焦虑和失眠等症状。

保持皮肤健康

定期摄取烟碱酸可通过改善皮肤血液循环、刺激皮肤细胞的生长和修复，来取得健康皮肤和容光焕发的功效。另外，它也有助消除皮肤炎症、红肿及过敏问题，进而改善各种皮肤症状，如湿疹和皮炎。烟碱酸也可用来治疗皮肤暗疮问题。

由于人体不会储存烟碱酸，因此我们需要不断从饮食或营养补充剂中摄取。身体缺乏烟碱酸会导致消化不良、身心障碍、严重皮疹、抑郁症以及致命性疾病如糙皮病。烟碱酸可通过摄取鱼类、鸡肉、花生、鲑鱼、花椰菜和酪梨中获得。然而，食品往往经过加工后，容易流失烟碱酸。因此，摄取烟碱酸补充剂以达到身体健康是非常重要的。新生命血液循环补充剂可提供您身体所需的维生素B3，增强血液循环、维持皮肤健康、改善记忆、减低血液中的胆固醇以及预防多种的退化性疾病。立即开始服用新生命血液循环补充剂来维持身心的健康与提高活力！

备注:

摄取烟碱酸后可能会出现潮红现象，如皮肤发红、发热及伴随着麻刺感。这是因为血液大量流动到皮肤表层所致。潮红不会对身体造成伤害，短时间后会自然消退。

烟碱酸可增加血流量，因此在月经来潮、手术及拔牙期间，或有任何出血状况时，必须避免摄取烟碱酸。