



HOW DOES NIACIN HELP TO REDUCE DEPRESSION?

Niacin impacts upon your mood because it is needed for the production of the good mood chemicals serotonin and dopamine. Serotonin is made from the essential amino acid tryptophan. Since your cells need niacin to function properly, if your diet is deficient in it the body will use up its tryptophan to create niacin, rather than serotonin. The result is that you may end up depressed.

WHAT IS A NIACIN FLUSH?

When you take a niacin supplement you get a niacin flush. You can literally see and feel that you've taken enough niacin. The idea is to initially take just enough niacin to have a slight flush. This means a pinkness about the cheeks, ears, neck, forearms and perhaps elsewhere. A slight niacin flush should end in about ten minutes or so.

HOW MUCH NIACIN SHOULD I TAKE?

It is difficult to predict a saturation level for niacin because each person is different. As a general rule, the more you hold, the more you need. If you flush early, you don't need much niacin. If flushing doesn't happen until a high level, then your body is using the higher amount of the vitamin. With larger initial doses, the flush is more pronounced and lasts longer. But with each additional dose, the intensity of the flush decreases. It is a good idea to take all the other B-complex vitamins in a separate supplement in addition to the niacin. Always take niacin straight after a meal.

WHAT IS THE NIACIN PROTOCOL?

The best way to accurately control the flushing sensation is to start with very small amounts of niacin and gradually increase until the first flush is noticed. Try the following protocol with 100mg tablets. If you wish you may take twice as long, and stay on each day's dose for two days.

ARE THERE ANY CAUTIONS?

People with a history of heavy alcohol use or liver disorders will want to have their physician monitor their niacin use. Monitoring long-term use of niacin is a good idea for anyone. Your doctor will check your liver function with a simple blood test. The time-released form of niacin has been shown to be responsible for severe liver damage, so avoid these.

NIACIN PROTOCOL

	<i>After breakfast</i>	<i>After lunch</i>	<i>After dinner</i>
Day 1	¼ tablet	-	-
Day 2	¼ tablet	¼ tablet	-
Day 3	¼ tablet	¼ tablet	¼ tablet
Day 4	½ tablet	¼ tablet	¼ tablet
Day 5	½ tablet	½ tablet	¼ tablet
Day 6	½ tablet	½ tablet	½ tablet
Day 7	¼ tablet + ½ tablet	½ tablet	½ tablet
Day 8	¼ tablet + ½ tablet	¼ tablet + ½ tablet	½ tablet
Day 9	¼ tablet + ½ tablet	¼ tablet + ½ tablet	¼ tablet + ½ tablet
Day 10	1 full tablet	¼ tablet + ½ tablet	¼ tablet + ½ tablet
Day 11	1 full tablet	1 full tablet	¼ tablet + ½ tablet
Day 12	1 full tablet	1 full tablet	1 full tablet

Whether to take supplements is something you would discuss with your doctor. This factsheet is to facilitate such a conversation ©