

SPRING

VALLEY®

VITAMIN #1 BRAND

Flush-Free Niacin

Inositol Hexanicotinate 500 mg

HEART HEALTH*

Dietary Supplement 120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Niacin (as Inositol Hexanicotinate)	400 mg 2,000%
Inositol (as Inositol Hexanicotinate)	100 mg †

†Daily Value not established.

OTHER INGREDIENTS: Gelatin, Vegetable Stearic Acid. Contains <2% of: Silica, Vegetable Magnesium Stearate.

****NOTICE:** Most people should not experience flushing when using this product. However, a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

Niacin, also called Vitamin B-3, is needed for energy metabolism. Niacin helps maintain healthy functions of the nervous system and heart.* Flush-free means that you don't experience red, blotchy skin or a heat sensation when using this supplement.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium (less than 5 mg per serving)

SUGGESTED USE: Adults, take one capsule daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

CAUTION: FOLLOW LABEL DIRECTIONS: Do not take more than 500 mg of niacin or 250 mg of time release niacin per day, except under the supervision of a doctor.

KEEP OUT OF THE REACH OF CHILDREN. Store at room temperature. Keep bottle tightly closed.

FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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Questions or comments?
1-888-251-1842



*Product made with
quality ingredients.
†Noted by
USDA/ARS
as a natural
ingredient.

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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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