

Renal Remission and Hypertension Consultants, P.L.L.C.

Renal Remission Clinic, Hypertension Clinic, Atherosclerosis Regression Clinic,
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Tips on taking Slo-Niacin.

Niacin is also called Vitamin B₃. When used in high dose it has beneficial effect on various cholesterol fractions and is associated with reduction of cholesterol buildup in the arteries. We recommend Slo-Niacin brand of over-the counter Niacin. It is sold in many pharmacies and supermarkets. In our practice it is frequently used in combination with other cholesterol lowering medications. Unless we instruct you otherwise **continue taking all other cholesterol lowering medications as previously directed.** We will monitor for side effects of Niacin through blood work. Niacin widens (dilates) your blood vessels improving circulation. This effect is beneficial, but sometimes can become “too much of a good thing” and can feel unpleasant with sensations ranging from feeling warm or hot to itching and tingling. Same effect may be seen in some people from heat, alcohol or spicy foods. This effect (flushing) with Niacin is usually mild and goes away with time, usually within 30 minutes. Flushing can come back with increase in dose or with consumption of alcohol or spicy food around time of taking Niacin. Aspirin is an antidote to these effects of Niacin. Even small dose, 81 mg (baby aspirin) is often enough*.

Take regular or chewable (NOT enteric-coated) **Baby Aspirin 81 mg with first bite of your meal. Take Slo-Niacin with the last bite of your meal.**

Start Slo-Niacin with 250 mg (1/2 tablet) a day for 2 weeks.

Then increase it to 500 mg a day for 2 weeks.

Then start taking Slo-Niacin 500 mg twice a day for 2 weeks.

Then start taking Slo-Niacin 500mg after the morning meal and 1,000 mg after evening meal. After 2 weeks increase Slo-Niacin to 1,000 mg after morning and evening meals. Continue to take Aspirin before meals*.

* If you are taking Warfarin (Coumadin) or another blood thinner you should NOT, in general, take aspirin. We can work with you on finding other ways to eliminate flushing, if it occurs.

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