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## FITO MEDIC'S Niacin 1200mg Capsules

# FITO MEDIC'S Niacin Vitamin B3 1200mg Capsules User Manual

Comprehensive guide for your FITO MEDIC'S Niacin supplement.

## 1. PRODUCT OVERVIEW

FITO MEDIC'S Niacin is a high-quality dietary supplement providing Vitamin B3 (Niacin) in capsule form. Each serving delivers 1200 mg of Niacin, formulated for ultra-high absorption to support various bodily functions.



Image: Front view of the FITO MEDIC'S Niacin bottle, highlighting "Niacin 1200mg Per Serving\*" and "150 Capsules".

This supplement is designed to assist in converting food into cellular energy, contributing to overall vitality. It is available in bottles containing 150 capsules.

### Key Benefits:

- **Energy Support:** Niacin (Vitamin B3) helps convert food into cellular energy.
- **High Absorption:** Formulated for ultra-high absorption to maximize benefits.
- **Quality Ingredients:** Produced under Good Manufacturing Practices (GMP) standards.

## 2. IMPORTANT SAFETY INFORMATION AND WARNINGS

Before taking any new supplement, it is crucial to consult with a healthcare professional, especially if you have pre-existing medical conditions or are taking other medications.

### **Warning: Will Likely Cause "Niacin Flush."**

Niacin flush is a common and harmless side effect characterized by redness, warmth, itching, or tingling of the skin. This reaction is temporary and typically subsides as your body adjusts to the supplement. Consuming Niacin on an empty stomach may increase the likelihood or intensity of this flush reaction.

For individuals seeking a non-flush alternative, Niacinamide is a form of Vitamin B3 that typically does not cause the flush effect.

Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 3. USAGE INSTRUCTIONS (OPERATING)

### Dosage and Administration:



Image: Detailed Supplement Facts panel showing serving size, amount per serving, and daily value for Niacin, along with directions and other ingredients.

**DIRECTIONS:** For Adults, take three (3) quick release capsules daily, preferably with a meal.

It is recommended to take the capsules with food to minimize potential stomach upset and to potentially reduce the niacin flush effect.

### Ingredients:

**Serving Size:** 3 Capsules

**Servings Per Container:** 50

Nutrient	Amount Per Serving	% Daily Value
Niacin (as Nicotinic Acid)	1200 mg	7500%

**OTHER INGREDIENTS:** Gelatin, Magnesium Stearate.

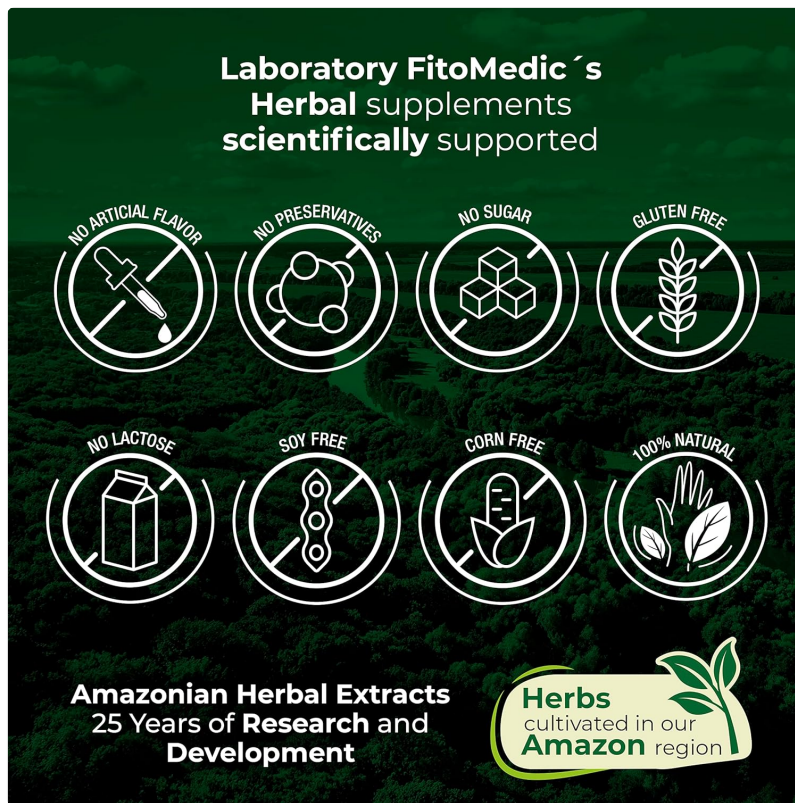


Image: Graphic illustrating product attributes such as "No Artificial Flavor", "No Preservatives", "No Sugar", "Gluten Free", "No Lactose", "Soy Free", "Corn Free", and "100% Natural".

#### 4. STORAGE AND CARE (MAINTENANCE)

To maintain the potency and quality of your FITO MEDIC'S Niacin capsules, please follow these storage guidelines:

- Store in a cool, dry place.
- Keep the bottle tightly closed when not in use.
- Keep out of reach of children.
- Do not use if the safety seal is broken or missing.

#### 5. QUALITY ASSURANCE AND TESTING

FITO MEDIC'S is committed to providing high-quality supplements. Our products are manufactured following Good Manufacturing Practices (GMPs) to ensure quality and safety.

**DIRECTIONS:** For Adults, take three (3) quick release capsules daily, preferably with a meal.

## Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 50

	Amount Per Serving	%Daily Value
Niacin (as Nicotinic Acid)	1200 mg	7.500%

**OTHER INGREDIENTS:**

Gelatin, Magnesium Stearate.

Image: A laboratory setting showing a person in lab attire conducting tests, with a checklist indicating various quality control measures such as Microbial Testing, Heavy Metal Testing, Identity Testing, and Strength Testing.

Each batch undergoes rigorous testing to verify purity, potency, and absence of contaminants:

- **Microbial Testing:** Ensures the product is free from harmful microorganisms.
- **Heavy Metal Testing:** Confirms the absence of heavy metal contamination.
- **Identity Testing:** Verifies that the ingredients match the product label.
- **Strength Testing:** Guarantees the stated potency of active ingredients.

## 6. SPECIFICATIONS

Attribute	Detail
Brand	FITO MEDIC'S
Item Form	Capsule
Flavor	Unflavored
Product Benefits	Antioxidant, Energy Support
Age Range (Description)	Adult
Package Dimensions	5.2 x 2.48 x 2.36 inches
Item Weight	3.84 ounces
Manufacturer	FITO MEDIC'S
Date First Available	February 1, 2023

## 7. TROUBLESHOOTING AND COMMON CONCERNS

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## Niacin Flush Management:

As noted, the "niacin flush" is a common reaction. If you experience a strong flush, consider the following:

- Ensure you are taking the capsules with a meal.
- Start with a lower dose and gradually increase to the recommended serving size, if advised by a healthcare professional.
- The flush typically diminishes with continued use as your body adapts.

## Missed Dose:

If you miss a dose, take it as soon as you remember, unless it is close to the time for your next scheduled dose. Do not double the dose to catch up.

## Adverse Reactions:

If you experience any severe or persistent adverse reactions, discontinue use and consult your healthcare provider immediately.

## 8. CUSTOMER SUPPORT

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For further assistance, questions, or concerns regarding your FITO MEDIC'S Niacin supplement, please contact our customer support team.

While specific warranty information is not provided, FITO MEDIC'S is committed to customer satisfaction. Please refer to the seller's information on the purchase platform for direct contact details or visit the official FITO MEDIC'S brand store.

**FITO MEDIC'S Official Store:** [Visit Store](#)

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This manual is for informational purposes only and does not constitute medical advice.