



The Simple Niacin Protocol for Beginners
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Adding flush niacin to your nutritional routine will improve your circulation, stimulate your immune system, and significantly reduce your cholesterol -- among many other benefits. The improvement comes at a price, however -- you must accept the flush that comes with it. The flush from niacin gives you a red glow, in some cases from top to toe. You may feel warm -- almost sunburnt -- and itchy for half an hour to an hour, at which time the flush naturally dissipates.

Though temporarily uncomfortable, the flush is not only harmless but also positively therapeutic. It is an indication that blood is flowing through your circulatory system, down to the capillaries, in torrents, bringing increased oxygen and nutrition to every cell. It is also an indication that the material by-products of inflammation are being dissolved from within. Get used to it, but be comforted that you will soon get over it (mostly). Within a month, the flush will likely decline by 80% and ultimately by 90% or more.

To get started, take the following twice a day 25 minutes after lunch and dinner (ordering info below):

- 500 mg flush niacin (aka "immediate release" niacin). For a more gradual approach, you can start with 100 mg instead and work your way up, but 500 mg is where the real therapeutic effect begins.
- 5 mg folic acid
- 2 mg (or 2000 mcg) cyanocobalamin (a specific form of Vitamin B12)
- 200 mcg selenium yeast
- 800 IU (two soft gels) natural vitamin E (high in d-alpha tocopherol)

Once you have acclimated to 500 mg of niacin, increase the niacin dose in steps to 1000 mg, 1500 mg, and so on up to 2500 or 3000 mg, twice a day. When you get up to 1500 mg and beyond, you may experience a one-time intestinal flush, so consider doing this on a day when you don't need to show up anywhere. This is the niacin killing off the "bad" bacteria in your system. When this happened to me I lost 6 lbs -- that NEVER returned. Eventually, you can reduce the niacin to 1.5 g twice a week and still continue to get the benefits.

Rest assured that this regimen is both harmless and hugely beneficial. I don't necessarily recommend it, but even taking 10,000 mg of niacin causes no harm. When

used as a treatment for schizophrenia, for example, a common dose is 12 g, or 12,000 mg.

You should know, however, that Vitamin E is a mild blood thinner, so is not recommended before surgery. And please don't take flush-free or slow-release substitutes for niacin, especially in these large doses. Niacinamide, for example, exhibits liver toxicity.

Ordering Information

Niacin (a specific form of Vitamin B3)

<https://www.amazon.com/Nutricost-Niacin-Vitamin-500mg-Capsules/dp/B01IIDB6JE>

or

<https://www.amazon.com/Nutricost-Niacin-Vitamin-100mg-Capsules/dp/B08WYVC3ZH> (for the more gradual approach)

Folic Acid

<https://www.amazon.com/BioTech-Pharmacal-Folic-Acid-Count/dp/B00CC4CZ0A>

Cyanocobalamin (a specific form of Vitamin B12)

<https://www.amazon.com/Natural-Factors-Cyanocobalamin-Function-Production/dp/B00028P49W>

Selenium Yeast

<https://www.amazon.com/Healthy-Origins-Selenium-Fillers-Vitamins/dp/B006TFBNNI>

Vitamin E

<https://www.amazon.com/dp/B01I5OB3LW>