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**Time Released Niacin - Please Print Out.**

TR Niacin in my practice can ONLY be taken WITH food in the middle or end of the meal to help minimize or avoid niacin flushing and my patients are told they cannot take TR Niacin with hot sauce and sometimes coffee as those seem to contribute to some flushing temporarily-red, itchy rash/sometimes some whelps for about 30 minutes is what defines a niacin rash in my practice then the disappears and I remind my patients that they are not having an allergic reaction rather a temporary niacin flush if within 30 minutes of taking their TIME RELEASE NIACIN dose. I NEVER USE REGULAR NIACIN.