

ENDUR-AMIDE®

NIACINAMIDE

Sustained Release



Promote Health Aging & Cellular Energy

What Is It?*

ENDUR-AMIDE® Niacinamide is a sustained-release dietary supplement featuring niacinamide, the preferred form of niacin for healthy cell division, skin health and healthy aging benefit. The vegetable-based, wax-matrix tablet is formulated for slow, steady release of niacinamide over 5 to 7 hours.

How Does It Work?*

Niacinamide is a precursor for the body's production of nicotinamide adenine dinucleotide (NAD+), an essential pyridine nucleotide present in all living cells. NAD+ acts as an important cofactor and substrate for a multitude of biological processes including energy production, DNA repair, gene expression, calcium-dependent secondary messenger signaling and immunoregulatory roles.

Niacinamide may help prevent skin cancer or reduce progression of subclinical lesions. While the mechanism of action is unclear, researchers suggest a role in DNA repair and/or immune protection.¹

Who Can Benefit?

For adults interested in nutritional support for mitochondrial and cellular health, DNA repair and antioxidant protection.

1. Surjana D et al. J Invest Dermatol. 2012;132(5):1497-500

Product Availability

Bottle Size(s):
90, 200 tablets (500mg)
200 tablets (750mg)

Suggested Use: Take one (1) to three (3) tablets daily with food or drink, or as directed by your healthcare professional. Do not exceed recommended dose without consulting a physician.

Supplement Facts

Serving Size 1 Tablet		
Amount Per Tablet		%DV
Niacin (as niacinamide)	500 mg	3125%

Supplement Facts

Serving Size 1 Tablet		
Amount Per Tablet		%DV
Niacin (as niacinamide)	750 mg	4688%

Other Ingredients: Vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable), and silica.

This information is for healthcare professionals only to inform patient treatment and is not intended for consumer use.

*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.

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RESEARCH HIGHLIGHTS

Emerging pre-clinical research indicates that NAD⁺ metabolism represents a promising therapeutic target for the treatment of metabolic and age-related disorders such as obesity, diabetes, cardiovascular and neurodegenerative diseases. Evidence suggests that raising NAD⁺ levels using niacinamide or other NAD⁺ precursors could slow down and reduce symptoms of metabolic stress and possibly treat age-related diseases.²

Researchers attribute the age-related depletion of NAD⁺ in aging cells to: (1) a need for a higher level of NAD⁺ to meet the metabolic demands of aging and age-related diseases; (2) the inability of cells to adequately synthesize enough NAD⁺ to meet metabolic demands; or, (3) a combination of both.³

Niacinamide reduces actinic keratoses in adults with sun damage

Two Phase II clinical trials⁴ have been completed investigating whether oral niacinamide, at two different dosages, reduces actinic keratoses (AK) in adults with sun damage. AK is reported to be a strong predictor of nonmelanoma skin cancer. Healthy, immune-competent adults with 4 or more palpable AK lesions were recruited from dermatology clinics in Sydney, Australia, and randomly assigned to take niacinamide (500 mg) or a placebo twice daily (Study 1) or once daily (Study 2) for 4 months.

Study 2 sample size (n=41) was selected to ensure 80% power for an effect size of 0.4 (significance level of 0.05; two-sided). Niacinamide resulted in a 29% relative reduction in AK count at 4 months (95% CI: 11- 44%; P=.005) with smaller but significant differences observed at 2 months. These findings suggest niacinamide (500 mg, once or twice daily, for 4 months) is effective in reducing AK count and shows promise for skin cancer prevention in adults with sun

Niacinamide reduces nonmelanoma skin cancers in high-risk patients

One randomized, double-blind, placebo-controlled study⁵ designed to assess the effect of niacinamide supplementation on the incidence of nonmelanoma skin cancers in high-risk patients indicates beneficial effects. For this study, researchers randomly assigned 386 men and women, age 30 to 91 years (mean age 66 years), with a recent history of nonmelanoma skin cancers to receive either niacinamide (500 mg, twice daily) or placebo for 12 months. The 1,000 mg/day dosage was chosen based on results of previous Phase 2 studies showing its efficacy in reducing actinic keratosis (AK) counts.

Dermatologists evaluated participants at 3-month intervals for 18 months. Compared to placebo, niacinamide treatment significantly (P<.05) reduced the rate of new nonmelanoma skin cancers by 23% at 12 months. Niacinamide also significantly (P<.05) reduced the AK count vs. placebo: 11% lower at 3 months, 14% lower at 6 months, 20% lower at 9 months, and 13% lower at 12 months. Treatment was well tolerated. These findings suggest that niacinamide is a safe and well tolerated option to help reduce the risk of nonmelanoma skin cancers in high-risk patients.

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References

1. Braidy N, et al. *Exp Gerontol.* 2020;132:110831.
2. McReynolds MR, et al. *Exp Gerontol.* 2020;134:110888.
4. Surjana D et al. *J Invest Dermatol.* 2012;132(5):1497-500.
5. Chen AC et al. *N Engl J Med.* 2015;373(17):1618-26.

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PO Box 3810, Tualatin, OR 97062

Phone: 1-800-483-253 | Fax: 1-503-639-9564

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