



Why does pre-workout make you itch? . Niacin is also found in pre-workouts and helps the body turn food into energy. Overdoing it can cause adverse reactions like severe skin flushing, so check .



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## **Niacin | Pre-Workout World**



**now**<sup>®</sup>



# Niacin

**500 mg**

**Nutritional Health**

Vitamin B-3

100 Capsules

A Dietary Supplement

Niacin can make a powerful pre-workout supplement because of several helpful features. For example, some research suggests that niacin helps the body keep using carbohydrates for fuel and blocks fatty acids from being released from your tissues. This ultimately prevents your body from prematurely using muscle glycogen.

## 5 Side Effects of Pre-Workout Supplements - Healthline



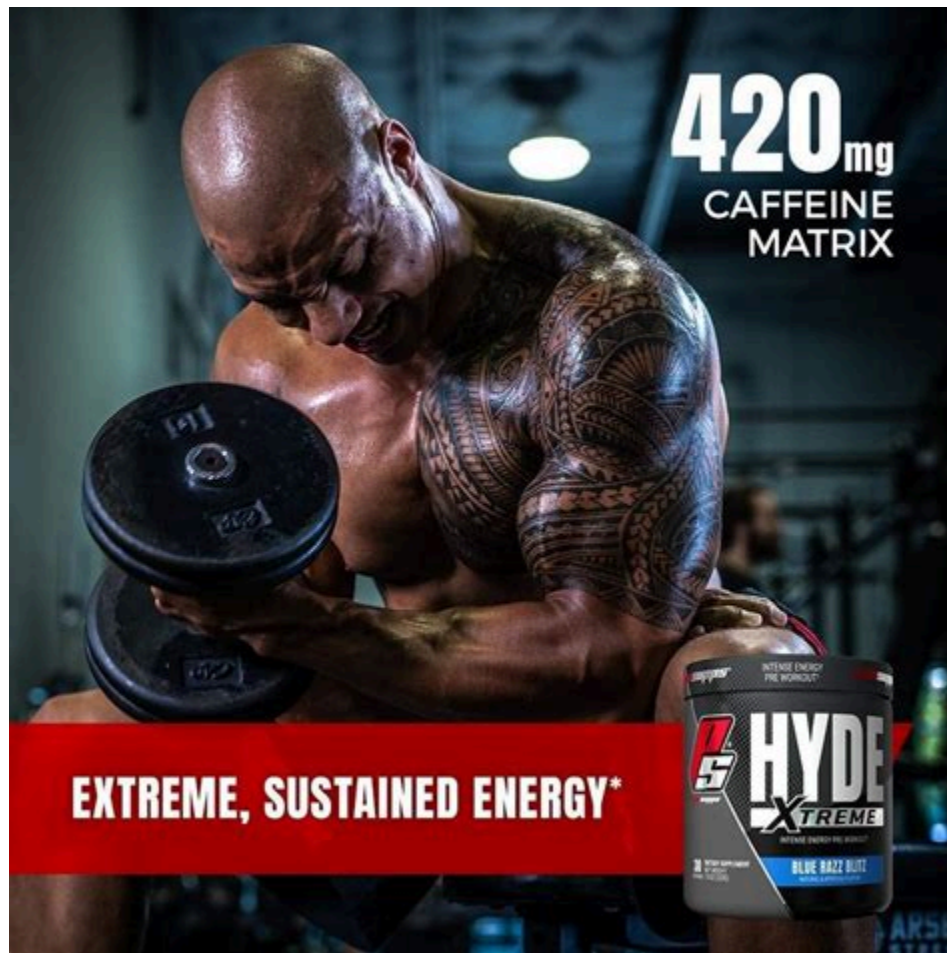
Evidence Based 5 Side Effects of Pre-Workout Supplements Many popular pre-workout supplements are associated with side effects, including digestive issues, water retention, and headaches. .

## Why does pre-workout itch occur? Here's how to manage - MSN



Supplementation Guidelines for Athletes Frequently Asked Questions How does niacin interact with other supplements commonly used in bodybuilding? Are there any specific exercises or workout routines that maximize the benefits of niacin? Can niacin supplementation help in weight loss for bodybuilders?

## pre workout niacin - TheFitnessManual



Several pre-workout supplements contain niacin, although the exercise performance effects of niacin are poorly understood. The purpose of the present study was to examine the performance effects of niacin versus caffeine as a pre-workout supplement.



## Is Dry Scooping Pre-workout Safe?. Nike



When taken properly, however, users can still encounter significant risks. Supplements may contain more caffeine than the label claims; contents may vary widely between batches of the same product. Some pre-workout products contain DMAE, a compound that may cause birth defects. Scientists have also identified illicit substances in mainstream .

## How Niacin Can Enhance Your Pre-Workout Performance



There are three main reasons why dry scooping pre-workout powders isn't safe. . If someone is already taking a B-complex supplement or a multivitamin with niacin and they aren't aware of how much niacin is in their pre-workout powder, this could lead to unwanted side effects from overconsumption such as skin flushing, headaches, .

## Niacin in Pre-workout - YouTube



The authors of this study indicated three important findings regarding pre-workout supplement labels: a) Many ingredients are under-dosed when compared to evidence-based guidelines on recommended doses; b) many ingredient quantities are not provided; and c) some ingredients, such as niacin, may be over-dosed and potentially dangerous .

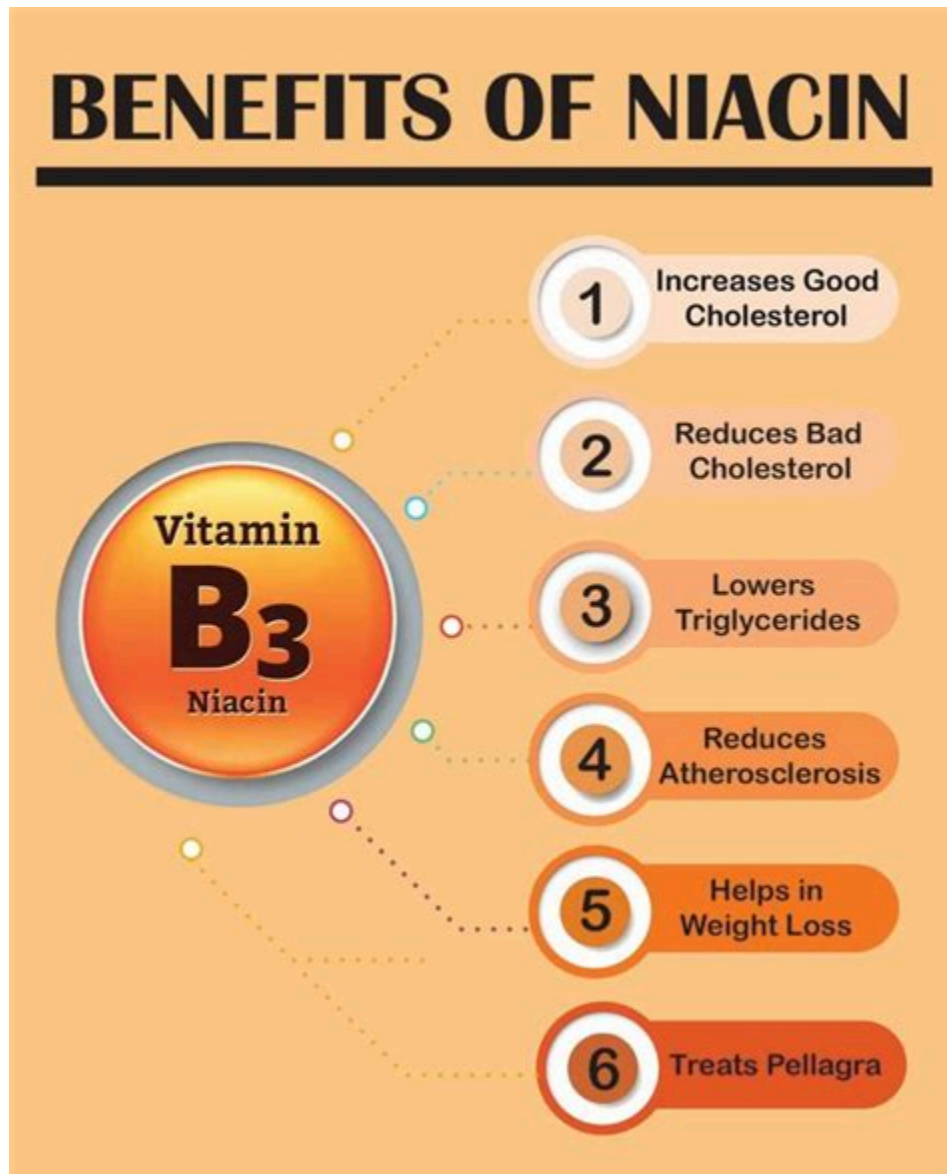
## Niacin pre-workout anyone? - AnabolicMinds



In high enough doses, niacin is known to cause itchy skin. Certain people may also experience a flush or ruddy color in their skin, particularly around the neck and face areas. The specific mechanisms that make niacin cause tingly skin aren't fully understood.



## Niacin—Taking its "Rightful" Place in Pre-Workouts



Pre-workout is essentially any supplement that can help boost athletic performance when taken, as the name suggests, before a workout. While a powdered drink mix is the most common form, it could .

## Potential pre-workout side effects and how to reduce them



To understand why pre-workout supplements can cause itching, it's important to know that ingredients like beta-alanine and niacin are common triggers for this sensation. Alternatives to beta-alanine in pre-workouts, such as caffeine and L-citrulline, can boost energy without causing skin tingles. After taking beta-alanine for four weeks, users .

## Here's when to take pre-workout, according to a sports nutritionist



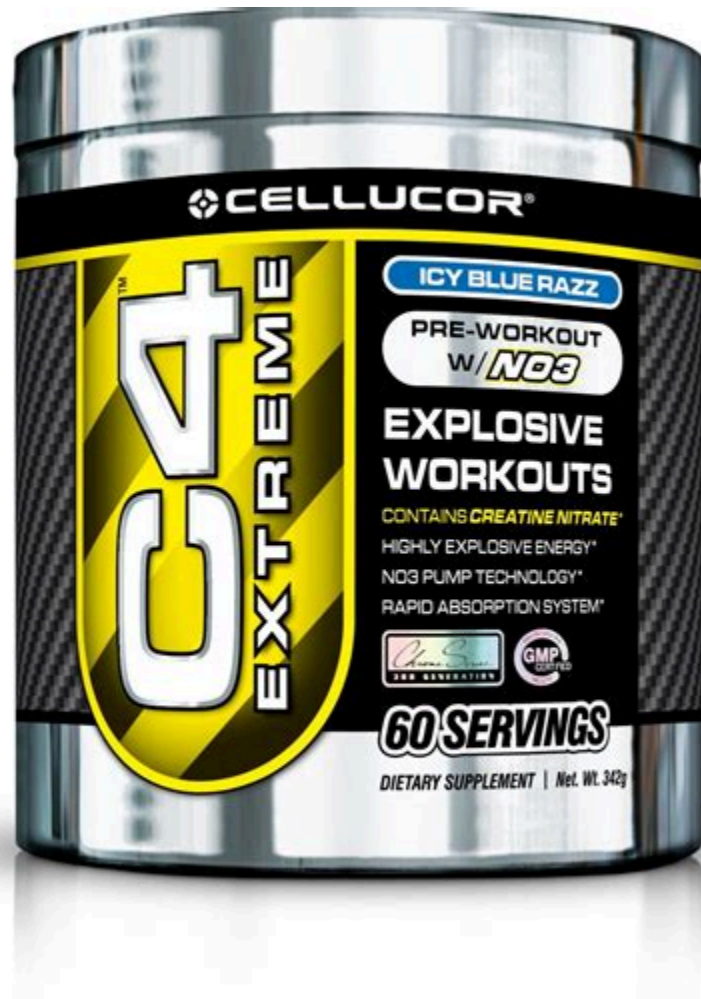
Conclusion High dosages of Niacin are frequently used to treat high levels of bad cholesterol. By helping to preserve the cells that create insulin in the pancreas, Niacin also assists people with type 1 diabetes. Thus, Niacin is a great addition to pre-workout supplements. Author Editor

## Three Ingredients To Avoid in Your Pre-Workout - Blackstone Labs



niacin While most of these ingredients are unlikely to cause harm if people follow the correct dosage guidance, individuals may experience some side effects. However, most are likely to be.

## Do You Really Need Pre-Workout Supplements? Nutritionists Explain



Depression Raynard's Disease Insomnia Diabetes Cataracts Use of Niacin in Bodybuilding To begin with, it's worth noting that niacin has long term and short term uses. Both achieving different results. One thing that both users agree on however is the importance of using very large doses to cause what is known as a 'niacin flush' The 'Niacin Flush'



## We Don't Really Know What's in Pre-Workout Supplements



Summary Pre-workout supplements, which are powdered and mixed with water, are said to improve athletic performance and energy levels prior to exercise. However, there's no set list of.

## Why Your Pre-Workout Smoothie Could Be A Bad Idea - MSN





One underrated but highly beneficial nutrient that can greatly enhance your pre-workout performance is niacin. In this article, we will explore the various aspects of niacin and its impact on exercise. By understanding the role of niacin in the body and its connection to exercise, we can determine how it can benefit us during our workouts.

## Niacin supplementation impairs exercise performance - PubMed

4 Capsules contain			Amount Per Serving	% Daily Value	4 Capsules contain			Amount Per Serving	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids)			5,000 IU	100%	Selenium (as Selenium Glycinate Complex)			75 mcg	107%
Vitamin C (as Ascorbic Acid USP)			250 mg	417%	Manganese (as TRAACS® Manganese Glycinate Chelate)			1 mg	50%
Vitamin D3 (as Cholecalciferol)			1000 IU	250%	Chromium (as ChromeMate®)			50 mcg	42%
Thiamine (B1 from Thiamine HCl USP)			15 mg	1000%	Potassium (as Potassium Citrate)			30 mg	21%
Riboflavin (Vitamin B2 USP)			15 mg	882%	N-Acetyl-L-Cysteine USP			600 mg	*
Niacin (as Niacinamide USP)			15 mg	75%	Acetyl L-Carnitine HCl			500 mg	*
Vitamin B6 (as Pyridoxine HCl USP)			15 mg	750%	Malic Acid (as DiMagnesium Malate)			215 mg	*
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)			800 mcg	200%	Alpha Lipoic Acid			200 mg	*
Vitamin B12 (as Methylcobalamin)			250 mcg	4167%	Mixed Tocopherol Blend			50 mg	*
Biotin			50 mcg	17%	Green Tea Extract (Standardized to contain 45% EGCG)			45 mg	*
Pantothenic Acid (as d-Calcium Pantothenate USP)			15 mg	150%	Broccoli Seed Extract (SGS™) (Standardized to contain 13% Sulforaphane Glucosinolate)			40 mg	*
Calcium (as Citrate USP)			75 mg	8%	Choline (as Bitartrate)			15 mg	*
Iodine (from Potassium Iodide USP)			37 mcg	25%	Inositol NF			15 mg	*
Magnesium (as Di-Magnesium Malate)			75 mg	19%	trans-Resveratrol (from Polygonum cuspidatum)			10 mg	*
Zinc (as TRAACS® Zinc Glycinate Chelate)			5 mg	33%					

\* Daily Value not established

Having foods in liquid form is best just before a workout because they can be quickly processed by your stomach. However, you'll have to be mindful of what's in your smoothie. Some smoothies can .

## Pre-Workout Supplements: Ingredients, Precautions, and More - Healthline



#1 I've been trying 500 mg Niacin (regular, flush-kind) pre-workout for the last week. Pumps are sick. It

seems to amplify the effect that I get from the other supplements I regularly use standalone (Beta-Alanine, AAKG and Citrulline Malate). The only bad thing is the flush.

## Common Ingredient Profiles of Multi-Ingredient Pre-Workout Supplements



nutrients



Article

### Common Ingredient Profiles of Multi-Ingredient Pre-Workout Supplements

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**Abstract:** Multi-ingredient pre-workout supplements are a popular class of dietary supplements which are purported to improve exercise performance. However, the composition of these products varies substantially between formulations, thus making comparisons challenging. Therefore, the purpose of this study was to identify a common ingredient profile of top-selling pre-workout supplements and to compare ingredient dosages to established efficacious values. The top 100 commercially available pre-workout products were analyzed for listed ingredients and amounts, if available, from the supplement facts panel. The mean  $\pm$  SD number of ingredients per supplement ( $n = 100$ ) was  $18.4 \pm 9.7$  with  $8.1 \pm 9.9$  of these ingredients included in a proprietary blend at undisclosed quantities. Relative prevalence and average amounts of the top ingredients amounted to: Beta-alanine (87%;  $2.0 \pm 0.8$  g), Caffeine (86%;  $254.0 \pm 79.5$  mg), Citrulline (71%;  $4.0 \pm 2.5$  g), Tyrosine (63%;  $348.0 \pm 305.7$  mg), Taurine (51%;  $1.3 \pm 0.6$  g), and Creatine (49%;  $2.1 \pm 1.0$  g). Nearly half (44.3%) of all ingredients were included as part of a proprietary blend with undisclosed amounts of each ingredient. The average amount of beta-alanine per serving size was below the recommended efficacious dose. The average caffeine content was near the low end for an effective relative dose for a 70 kg individual ( $3\text{--}6$  mg·kg<sup>-1</sup> of bodyweight).

**Keywords:** ergogenic aid; supplement; pre-workout; beta-alanine; caffeine; citrulline; creatine; strength; power; energy

#### 1. Introduction

Dietary supplements represent approximately a 30-billion-dollar industry in the United States alone [1], with over 50% of US adults reporting the regular use of one or more supplements [2]. In 1994, Congress passed the Dietary Supplement Health and Education Act, which established an official definition for a dietary supplement, stating that in order for a product to be classified as a dietary supplement it must meet one or more of the following: (1) A vitamin, (2) A mineral, (3) A herb or other botanical, (4) An amino acid, (5) A dietary substance for use by man to supplement the diet by increasing the total dietary intake, or (6) A concentrate, metabolite, constituent, or extract of one of the above categories [3]. Dietary supplement manufacturers have a lot of liberty in how they design and formulate their products. Currently, there is not a pre-market approval process needed to document the efficacy and safety before new dietary ingredients can be included into a manufactured dietary supplement product, as long as they meet the aforementioned criteria. However, the Food and Drug Administration (FDA) does require a pre-market notification of a new dietary ingredient (NDI) to be submitted by the manufacturer at least 75 days prior to marketing the NDI in a supplement [4]. Additionally, the FDA has strict guidelines for supplement facts panel labeling in regards to what

RELATED: is lit pre workout bad for you. 1. Rooster. As a staple in lots of diets and even only a staple at residence, 3 oz. of rooster will provide you with a heaping 12.6 mg of Niacin. 2. Peanuts. An ideal possibility for a wholesome snack, peanuts can even offer you 6-7 mg of Niacin for each ¼ cup you devour. 3.

## **Niacin For Bodybuilding: Faster Muscle Growth and Insane Vascularity**



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**NIACIN**  
**BODYBUILDING'S**  
**BEST KEPT**  
**SECRET:**  
**BENEFITS**  
**& SIDE EFFECTS**



What is the purpose of putting Niacin in a pre-workout? I know I am sensitive to large doses of niacin but really never knew how much caused the dreaded "niacin flush". Well I got a sample pack of Assault with my last order from BB and took it this morning before my 5:45am workout. Almost completely ruined my workout but I made it through.

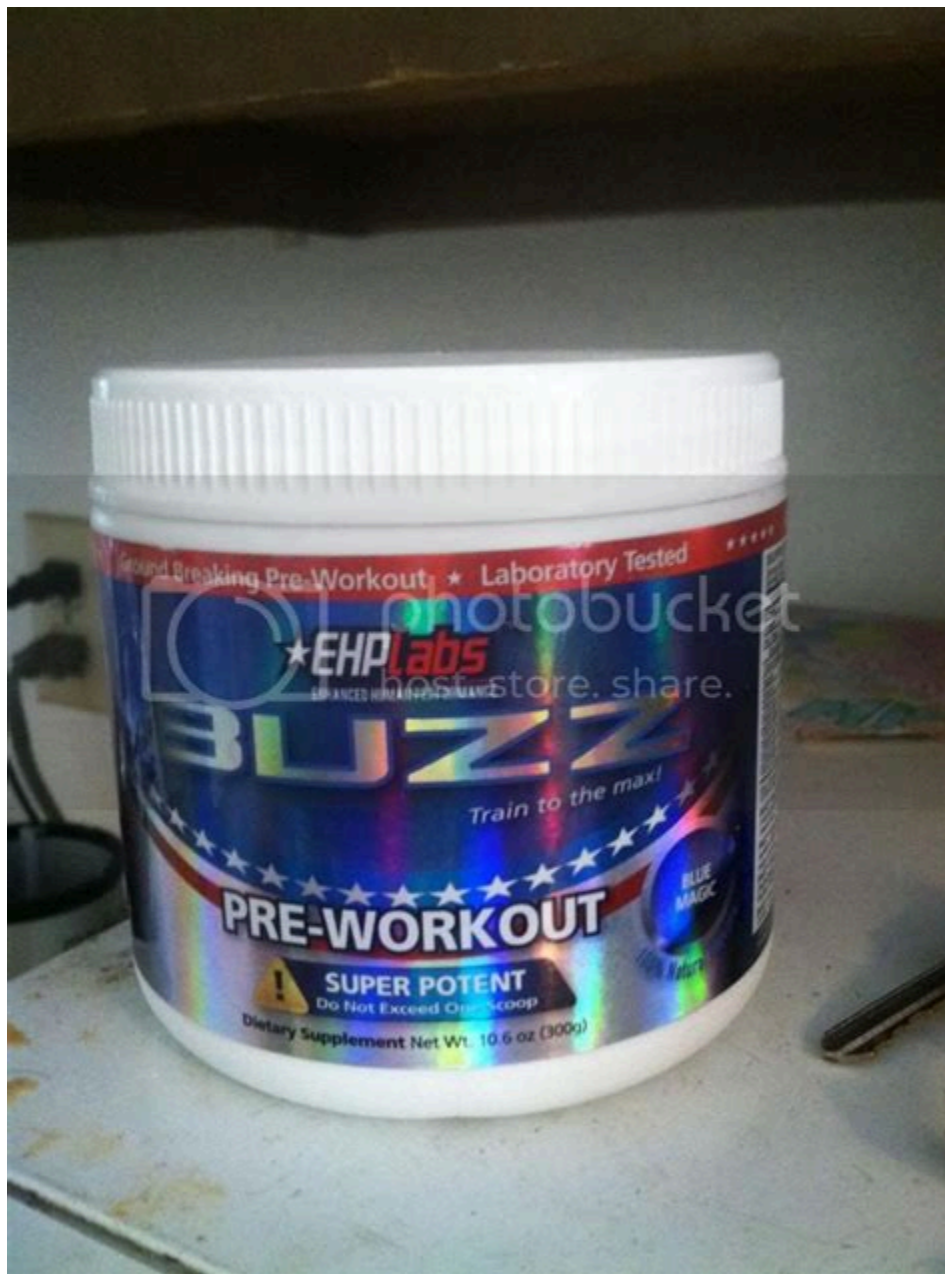
## **Common Habits, Adverse Events, and Opinions Regarding Pre-Workout .**



More often, the real reason why supplement companies often use Niacin in a pre-workout formula actually has nothing to do with energy or performance...it has to do with the fact that B3 causes flushing and inflammation of the skin, similar to the feeling of paresthesia from beta-alanine.



## Niacin in Pre-Workout - Bodybuilding Forums



Multi-ingredient pre-workout supplements are a popular class of dietary supplements which are purported to improve exercise performance. However, the composition of these products varies substantially between formulations, thus making comparisons challenging.

## **Niacin: Bodybuilding's Best Kept Secret - Men's Answer**

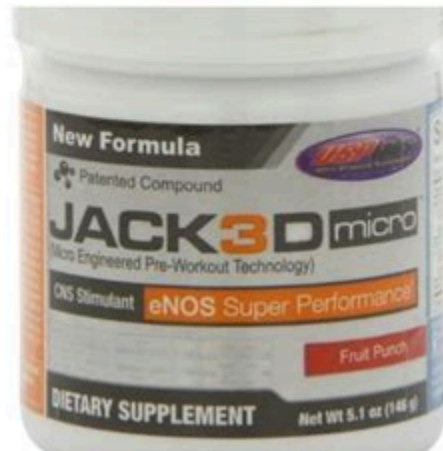


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**NIACIN**  
**BODYBUILDING'S**  
**BEST KEPT**  
**SECRET:**  
**BENEFITS**  
**& SIDE EFFECTS**

Niacin (Vitamin B3): Found in some pre-workout supplements, niacin induces vasodilation, widening blood vessels, and causing a niacin flush marked by skin redness, warmth, and itchiness.

## Niacin: The Ultimate Pre-Workout Supplement



And you are only as healthy or energized as your collective cellular essence. Note: Niacinamide is NOT the flushing form of vitamin B3, rather niacin (nicotinic acid) is the FLUSHER. Bottom line: NOT ALL B3 vitamins flush! Why is Niacinamide in Pre-workout? First and foremost, niacinamide is NOT the flushing

## Why Pre-Workout Makes Your Skin Tingle | Gainful



In this video I go over why niacin shouldn't be in a pre-workout. Want full access to one of the most educated minds in the fitness industry? Check out Jim.

- <https://publiclab.org/notes/print/44776>
- <https://groups.google.com/g/96bodybuilding97/c/dnXFW1Ga90w>
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