

Niacin + other B vitamins?

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 - *Date:* Mon, 13 Jun 2005 05:59:37 GMT
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Hi,

I have CAD and, in the wake an angioplasty, I've been taking high-dose (1000 mg) niacin + 40mg lovastatin, in the form of Advicor, to control my cholesterol. It works great, but I've been reading that one shouldn't supplement just one B vitamin without supplementing them all -- something about megadoses of one "crowding out" the others.

Has anyone heard of this? I'm thinking of adding a so-called "Balanced B-100" vitamin formulation, which has thiamine, riboflavin, B-6, B-12 and pantothenic acid at about the same doses, relative to their RDAs, as Advicor does niacin. But might this reduce the efficacy of the niacin by, say, competing with it in the gut and/or liver?

Thanks for any insight.

—
Jim Heckman

- *Follow-Ups:*
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 - ◆ ***Re: Niacin + other B vitamins?***
 - ◇ *From:* Robert
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 - ◇ *From:* Don Kirkman
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