

## Niacin Challenge Handout

*Your results from the Methylation Block Screening Questionnaire indicate that you may have a “methyl block.” This means that when your body is trying to take up active folate (methyl folate), it can’t.*

*Why? Because something is blocking it. This may be your genes, it may be low nutrients like Vitamin B12 or glutathione or it might be something environmental like mould, yeast, or inflammation. As we progress through your protocol, we will work together to uncover the block and find out what is causing it.*

*To reduce your symptoms caused by an impaired methylation cycle we need to ‘mop up’ the methyl groups. Niacin (B3) does this, as well as acting as an important cofactor that helps support methylation pathways.*

### **What is a Niacin Challenge?**

*By giving regular niacin (B3) supplements we help reduce the methyls that are being blocked.*

- 1) Take 1 Niacinamide capsule (200-250mg) every 2 hours during the day (not during the night). (Please refer to your prescription for the B3 Supplement I have recommended on your protocol)*
- 2) Continue until your symptoms (eg: anxiety, depression, headaches, reactivity, low energy, etc) are 50% better.
  - a) This may take a few hours to a few days.*
  - b) During the Niacin Challenge, please stay in regular contact and update me with your progress via txt or email.**
- 3) Once you feel 50% better, reduce your dose to 4 times a day.*
- 4) After two weeks, if your symptoms are stable, reduce the dose to 3 times a day.*
- 5) Please continue taking niacinamide until I advise it is time to adjust your protocol. (If you do not have a follow up appointment booked, please contact me to arrange).*

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## **Supporting Healthy Methylation**

*In addition to the niacin challenge, there are several other steps you can take now to support your methylation pathways and improve your health:*

**1. Optimise Nutrition:** *Eat well, do not fast during this phase, and avoid ALL folic acid based foods. This usually means wheat based products such as bread, cakes, cereals, and essentially anything in a packet from the supermarket. Please let me know if you would like further guidance with a list of these foods.*

**2. Support Detoxification:** *Detoxifying your body can help ease the burden on methylation pathways. Drink plenty of water, eat fiber-rich vegetables, and avoid environmental toxins like chemicals and processed foods.*

**3. Manage Stress:** *Chronic stress depletes methylation resources. Incorporate stress-reducing practices like meditation, deep breathing, or gentle exercise into your daily routine.*

## **Important Notes About Niacinamide (Vitamin B3) and the Niacin Challenge.**

- *Some people may experience what we call a “Niacin flush”, a warm, itchy, red flushing sensation on their skin after taking niacinamide. Please do not be alarmed if this occurs. **This is normal and will usually pass within 40 minutes.***
- *If you experience flushing, and it is very uncomfortable, take niacinamide with some food next time to reduce this effect.*
- *If you experience a drop in energy, or complete exhaustion, please let me know straight away so I can add in further support for you.*

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