

Your Guide To: **Niaspan**



Niaspan is a form of niacin, a B vitamin to lower cholesterol.

Take Niaspan with one of these options:

- ½ tablet of Alka-Seltzer
- Advil gel capsules
- Children's Liquid Advil
- Low-fat yogurt
- Applesauce
- Metamucil
- Enteric coated aspirin 1 hour before
- Non-enteric coated Aspirin 30 minutes before