

Inositol Hexanicotinate

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IHN lowers LDL and triglyceride levels by decreasing VLDL synthesis in the liver. The decrease in VLDL and LDL then leads to a decrease in serum triglycerides, phospholipids and cholesterol.

Pharmacokinetics

IHN is slowly metabolized, not reaching maximum serum levels for approximately 10 hours after ingestion. IHN is absorbed intact and hydrolyzed in the body with release of free niacin and inositol.

Clinical efficacy

Once in the bloodstream, niacin effectively :

- Reduces total cholesterol, LDL cholesterol, Lp (a) levels, Triglycerides
- Increases HDL levels

Safety Of Inositol Hexaniacinate

Clinical studies have proved IHN to be safe and free of side effects at doses up to 4 grams.⁶

Combination therapy

IHN offers an excellent alternative for combination with statins in Indian dyslipidemic patients. The benefits of adding IHN with statin would include

- Expanding statin effects on LDL, HDL, TG, and LDL particle size/density
- Reducing cardiovascular mortality

1. http://www.sajpc.org/vol6/vol6_1_2/whocardiological.htm 2. Background Papers—Burden of Disease in India (New Delhi, India), September 2005 3. Clinical Implications: Dyslipidemia in Asian Indians. Chicago: American Association of Physicians of Indian Origin (AAPI); 2002:1-10. 4. Altschul R, Hoffer A, Stephen JD: Influence of nicotinic acid on serum cholesterol in man. Arch Biochem Biophys 1955, 54: 558-559. 5. Inositol Hexanicotinate Monograph. Alt Med Rev. 1998;3(3):222-223 6. Head, KA. Inositol Hexanicotinate: A Safer Alternative to Niacin. Alt Med Rev. 1996;1(3):176-184.



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Total Cholesterol

Lp(a)

Apolipoprotein

Triglycerides

HDL

Lipids



Moving Beyond LDL

IHN

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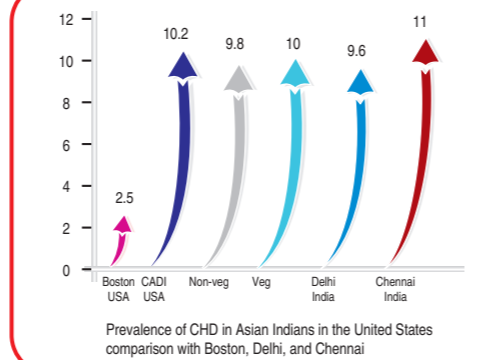
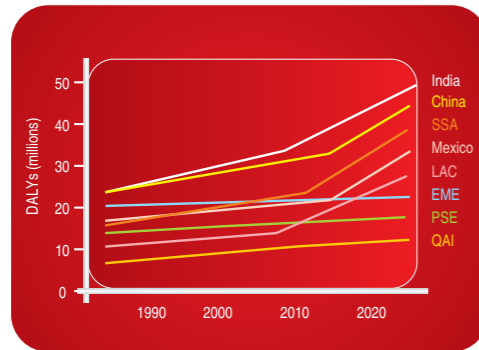
Indians are at highest risk of developing CAD – Alarming Statistics¹

India is in the middle of a Coronary artery disease (CAD) epidemic

- Over 10% of urban Indians have CAD
- Rural areas- Increase from 2% in 1970's to 4% at present
- 50% of all heart attacks occur under the age of 55 and 25% under the age of 40

Accelerating factors for Coronary artery disease²

- Epidemiological transition
- Demographic shifts in population age-profile
- Lifestyle related increases in the levels of cardiovascular risk factors

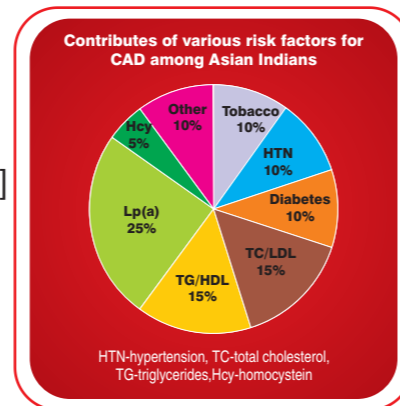


Why is the scenario different in India?

Studies performed worldwide and in India confirm that in spite of a fairly healthy lifestyle (vegetarian diet), many Indians possess a different risk factor profile characterized by:³

- High triglycerides
- Low HDL
- Glucose intolerance
- Insulin resistance
- Abdominal obesity and increased lipoprotein(a) levels [Lp(a)]

In both South India and North India, Coronary artery disease occurred at much lower levels of total cholesterol and low-density lipoprotein cholesterol.



The therapy for addressing dyslipidemia in Indian patients should aim at not only decreasing the high LDL levels but, also reducing the high triglycerides and Lp(a) levels and increasing low HDL levels. Currently, only a small percentage of patients, including those with CHD, are reaching this goal. Early aggressive use of the effective lipid-lowering agents is critical to achieve target lipid levels.

Niacin - The natural hypolipidemic

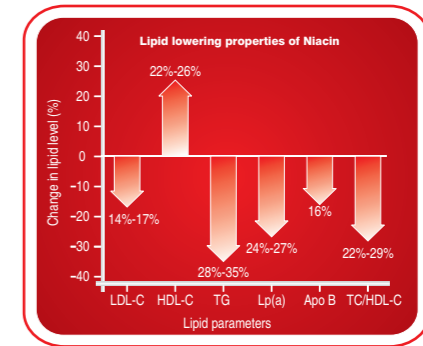
Niacin, an essential B vitamin has favorable effects on all major lipid subfractions at pharmacological doses.⁴ Niacin plays a role in lowering

- Total cholesterol (TC),
- Low-density lipoprotein (LDL) cholesterol,
- Very low-density lipoprotein (VLDL) cholesterol,
- Apolipoprotein B and
- Triglycerides

Niacin is also effective in

- Increasing levels of HDL better than any other medication
- Switching subclasses of LDL from small dense to large buoyant

Pattern of Dyslipidemia among Asian Indians Relative to American Whites	
Lipid	Relative Serum Concentrations
TC	Similar
LDL	Similar
Small Dense LDL	Similar
Triglycerides	Higher
HDL	Lower
Lp(a)	Higher



Inositol Hexanicotinate

Inositol hexanicotinate is a well tolerated high strength niacin with minimal side effects generally associated with conventional niacin therapy. Inositol hexanicotinate is metabolised over time, providing an extended release of free niacin.^{5,6}

Each Film Coated Tablet contains :

Inositol Nicotinate BP 500mg
Excipients q.s.

Mode of Action

Inositol hexanicotinate is the hexanicotinate acid ester of meso-inositol, consisting of 6 molecules of nicotinic acid and one molecule of inositol. The compound is metabolized in the liver to produce niacin & inositol.⁶

