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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE  
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# SootheMe

## What It Is:

- High potency vitamin B3 derivative

## Why You Need It:

- Clinically supportive of patients with arthritis symptoms, Acne, Rosacea, and chronic sun damaged skin

## How It Helps:

SootheMe contains a mega dose of the vitamin B3 derivative, niacinamide. William Kaufman, MD popularized the use of niacinamide for the treatment of osteoarthritis. With hundreds of patients, he proved this simple and safe treatment really works. Clinical scientists picked up his efforts and have shown in randomized, placebo controlled trials that high dose niacinamide can meaningfully support patients with significant arthritis symptoms without the side effects of prescription medication.

Niacinamide is also important support for patients with a variety of skin conditions including acne, Rosacea, and chronic sun damaged skin.

SootheMe is important for patients looking for healthy, clear and radiant skin.

Niacinamide does not cause the “flushing” attributed to niacin. Both niacin and niacinamide are processed by the liver. If you develop nausea, this may be a sign that your liver is overloaded and that you should reduce your dose. Liver function blood tests can help track irritation or side effects.

To support better health, take 1 – 2 SootheMe two to four times daily, preferably with meals.