

B2 Caps

100 mg, 100 capsules

Item Catalog Number: 00093

Vitamin B2, or riboflavin is an essential B vitamin that:

- Helps release energy from nutrients as part of coenzymes FMN and FAD158-160
- Aids in growth and reproduction161-166*
- Promotes healthy skin, nails, and hair167-173*
- Maintains eye health174-179*

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Riboflavin (vitamin B2)

100 mg

(From riboflavin 5'-phosphate sodium, riboflavin).

Other ingredients: gelatin, potato starch, purified water, magnesium stearate, MCT.

Dosage and Use

- One to two capsules daily are suggested for healthy people.
- This product is best utilized when taken with meals.

Caution

Ingestion of a high dosage will cause the urine to become a deep yellow color as it is eliminated from the body. This does no harm and is a sign that the supplement containing the riboflavin is being well-absorbed.

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