

Vitamin B2 Powder

30 grams

Item Catalog Number: 00092

Vitamin B2, or riboflavin, is an essential B vitamin that helps release energy from nutrients;158-160 aids in growth and reproduction;161-166 promotes healthy skin, nails, and hair; 167-172 and maintains eye health.173-176

References

Supplement Facts

Serving Size 1/2 of 1cc scoop (approx. 100 mg)

Servings Per Container 300

Amount Per Serving

Riboflavin (Vitamin B2)

100 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take 1/2 of 1cc scoop daily with meals, or as recommended by a healthcare practitioner.

Caution

Do not exceed 100 mg of vitamin B2 per day unless otherwise instructed by a health professional.

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.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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