Vitamin B-2

Riboflavin 100 mg

GOOD LIFE Pharmacy

Recommended by Angie Svoboda, Pharm D.

DESCRIPTION

Vitamin B-2 provides 100 mg of riboflavin in each capsule.

FUNCTIONS

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

Riboflavin is an essential coenzyme in energy production. It is a component of the coenzymes FAD and FMN, which are intermediates in many redox reactions, including energy production and cellular respiration reactions

INDICATIONS

Vitamin B-2 may be a useful dietary adjunct for individuals wishing to supplement with riboflavin.

SUGGESTED USE

As a dietary supplement, adults take one (1) capsule daily or as directed by your healthcare professional.

FORMULA (WW #10151)

1 Capsule Contains:

Riboflavin ..... 100 mg

Other Ingredients: cellulose, gelatin (capsule), and vegetable stearate.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, preservatives, artificial colors or flavors.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.

Keep out of reach of children.

REFERENCES

Lakshmi, AV. Riboflavin metabolism--relevance to human nutrition. Indian J Med Res 1998;108:182-90.

Manore MM. Effect of physical activity on thiamine, riboflavin, and vitamin B-6 requirements. Am J Clin Nutr. 2000 Aug;72(2 Suppl):598S-606S.

Rokitzki L, Sagredos A, Keck E, Sauer B, Keul J. Assessment of vitamin B2 status in performance athletes of various types of sports. J Nutr Sci Vitaminol (Tokyo). 1994 Feb;40(1):11-22.

Manufactured For:

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