Vitamin B-2
Riboflavin 100 mg

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