Riboflavin-5-Phosphate
Essential B Vitamin

DESCRIPTION
Riboflavin-5-Phosphate, provided by Douglas Laboratories, contains 10 mg of pure riboflavin-5-phosphate, an active form of Vitamin B2.

FUNCTIONS
Riboflavin, also known as Vitamin B2, is an essential B vitamin. It is a component of the coenzymes FAD and FMN, which are intermediates in many redox reactions, including energy production and cellular respiration reactions. It is also important for normal eyesight and skin. It is readily absorbed in the small intestine, but is not stored in body, since it is water-soluble. Riboflavin can be found in foods such as green leafy vegetables, milk, yogurt, cheese, and whole grains. However, riboflavin-5-phosphate is more soluble than riboflavin and the form found in all living tissues and cells.

INDICATIONS
Riboflavin-5-Phosphate may be a useful dietary adjunct for individuals who wish to supplement their diet with additional riboflavin.

FORMULA (#7658)
1 Capsule Contains:
Riboflavin-5-Phosphate ..................................................10 mg

SUGGESTED USE
Adults take 1 capsule daily or as directed by a healthcare professional.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

For more information on Riboflavin-5-Phosphate visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.
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