

## Riboflavin, B-2

### DESCRIPTION

Riboflavin, supplied by Douglas Laboratories, 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

Riboflavin may be a useful dietary adjunct for individuals wishing to supplement with this vitamin.

### FORMULA (#81702)

1 Capsule contains:

Riboflavin ..... 100mg

### SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily or as directed by your 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

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

**For more information on Riboflavin, B-2 visit [douglaslabs.com](http://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.

Manufactured by  
 Douglas Laboratories  
 600 Boyce Road  
 Pittsburgh, PA 15205  
 800-245-4440  
[douglaslabs.com](http://douglaslabs.com)



**You trust Douglas Laboratories.  
 Your patients trust you.**