

CODE 0447 V2

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ACTUAL SIZE

Vitamin B-2, also known as Riboflavin, is a member of the B-vitamin family. It occurs naturally in green vegetables, liver, kidneys, wheat germ, milk, eggs, cheese and fish. Because food processing depletes many naturally occurring nutrients, supplementation is key to insure adequate intake of this important vitamin.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal. Consider taking these other NOW® products: B-50, Tri-Chromium™ and Lutein.

NUTRITIONAL HEALTH

B-2

100 mg
Riboflavin
100 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Riboflavin (Vitamin B-2)	100 mg	5882%

Other ingredients: Rice Flour, Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108

Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.