

TAMPER  
RESISTANT:  
DO NOT USE IF  
SEAL UNDER CAP  
IS BROKEN  
OR MISSING.



B640

03C

VITAMIN WORLD

NATURALLY INSPIRED®



**Vitamin**  
**B-2**  
**(Riboflavin)**  
**100 mg**

Supports Energy Metabolism and  
Nervous System Health\*  
Dietary Supplement

**100** EASY TO SWALLOW  
COATED TABLETS

ACTUAL  
SIZE

**Supplement Facts**

Serving Size 1 Tablet

**Amount Per Serving %Daily Value**

|                             |        |        |
|-----------------------------|--------|--------|
| Riboflavin<br>(Vitamin B-2) | 100 mg | 5,882% |
|-----------------------------|--------|--------|

**Other Ingredients:** Dicalcium Phosphate, Cellulose (Plant Origin), Croscarmellose, Vegetable Magnesium Stearate, Silica, Cellulose Coating.

**FREE OF:** yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**Vegetarian Formula**

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.**

**PROD. NO. 640**

There is no question about it. A good diet contributes to disease prevention. One way to ensure that you are getting your Daily Values for B vitamins is to take dietary supplements. Riboflavin aids in the metabolism of carbohydrates, proteins, and fats to produce vital energy for the body.\* Riboflavin also helps support healthy vision and skin.\*

\*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.

**Directions:** For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**TO REORDER CALL 1-800-228-4533**

**Or Order On The Web [www.vitaminworld.com](http://www.vitaminworld.com)**

Carefully Manufactured by  
Vitamin World, Inc.  
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