



Riboflavin 5 Phosphate

Vitamin B2

Storage: Keep dry, cool & dark

10g (0.35oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 75 milligrams

Servings per container: about 133

Amount Per Serving	% Daily Value**
Vitamin B2 (as Riboflavin 5 Phosphate) 56 mg	3294%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: Sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 75 mg (1/64 tsp) once or twice daily, or as directed by physician. Individual needs vary greatly.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/64 teaspoon	76
1/32 teaspoon	152
1/16 teaspoon	304

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.