

Vitamin B2 (Riboflavin) is part of the group of essential nutrients known as the B Complex. B Complex vitamins, including Vitamin B2, work to support and promote energy metabolism in the body. Vitamin B2 is necessary for normal cell function, and helps to maintain a healthy nervous system, vision, skin and hair. It helps the body convert carbohydrates, fats and proteins into energy and supports the body during the stress of daily living. This formulation offers essential B2 in a convenient vegetarian dosage form.*

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:
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SOLGB73040 02C



VITAMIN B2

(RIBOFLAVIN)

50 MG

GLUTEN, WHEAT & DAIRY FREE



SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B2 50 mg (riboflavin)	3,846%

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet two times daily, preferably with meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

*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.

