

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.\*

Carefully Manufactured by:  
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# VITAMIN B 2

(RIBOFLAVIN)

## 50 MG

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS

100 TABLETS

DIETARY SUPPLEMENT



### Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                  | %DV   |
|-------------------------------------|-------|
| Vitamin B2 50 mg<br>(as riboflavin) | 2941% |

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) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

\*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.

