

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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SOLGB73050 00B



VITAMIN B 2

(RIBOFLAVIN)

100 MG

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS

100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin B2	100 mg	5882%
(as riboflavin)		

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

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) vegetable capsule 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.

