

**Suggested Usage:** Take 1 capsule daily with a meal.

Vitamin B-2, also known as Riboflavin, is a member of the B-vitamin family. It occurs naturally in green vegetables, liver, kidneys, wheat germ, milk, eggs, cheese and fish. Riboflavin is an important enzyme cofactor necessary for energy production from carbohydrate, fat, and protein.\* It is also needed for the regeneration of glutathione, which supports the body's natural defense mechanisms and detoxification systems.\*

\*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet.  
Keep in Bottle.

CAPSULE SIZE

CODE 0447 V3



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**B-2**  
**100 mg**

**Energy Production\***

**Riboflavin**

**100 Capsules**

A Dietary Supplement

Non-GMO

**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Capsule

|                          | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------|-----------------------|------------------|
| Riboflavin (Vitamin B-2) | 100 mg                | 5882%            |

Other ingredients: Rice Flour, Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Natural color variation may occur in this product.**

Store in a cool, dry place after opening.

Please Recycle.

