

Riboflavin 50mg

(Vitamin B2)

Presentation

A yellow powder in a clear hard shell capsule.

Each capsule delivers:

Riboflavin (Vitamin B2) 50mg

Encapsulated with:

Rice Powder, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Magnesium Stearate, Silicon Dioxide).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
100

type
capsules

code
8043



Uses

Riboflavin, also known as Vitamin B2, was first identified in the 1930's. It is a water soluble vitamin that must be obtained from the diet. Rich sources of riboflavin include milk, cheese, beef, eggs and wholegrain cereals. However, 22% of women and 12% of men have intakes below the Nutrient Reference Value (NRV). If a deficiency of riboflavin develops it may cause cracking and sores in the corner of the mouth, and watering, burning and itchy eyes.

Riboflavin is involved in the conversion of protein, fats and carbohydrates in to fuel. It also helps in the repair and maintenance of soft tissue and is involved in the manufacture of red blood cells. The production of thyroid hormone also relies on the presence of riboflavin, as does the production of important immune system cells.

Riboflavin is closely involved in the body's processes that produce some of the antioxidant compounds that protect cells from the damaging effects of free radicals, and for this reason riboflavin is believed to be important in the maintenance of healthy eyes.

Usage and administration

1 to 2 capsules daily.

Allergen advice

None (see page 194).

Cautions

Taking this product may occasionally result in a darker yellow colouration of the urine, which is harmless.
This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

