

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 energy metabolism in the body. Vitamin B2 is necessary for normal cell function and helps to maintain a healthy nervous system. It helps the body convert carbohydrates, fats and proteins into energy and supports the body during the occasional stress of daily living. This formulation offers essential B2 in a convenient vegetarian dosage form.\*

Carefully Manufactured by:  
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SOLGB73050 02D



# VITAMIN B2

(RIBOFLAVIN)

## 100 MG

GLUTEN, WHEAT & DAIRY FREE

Non-GMO  
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Vitamin B2 (riboflavin)	100 mg	7,692%

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 with a meal 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.

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.

