

Riboflavin (Vitamin B2) 100 Capsules

EAN: 5055148401542 **FABRICANTE:** LAMBERTS



Riboflavin or Vitamin B2 50 mg. Supports normal functioning of the nervous system and more.

DESCRIPTION

This is a high potency vitamin B2 supplement, providing a total of 50 mg of riboflavin per capsule and is manufactured in facilities that operate under strict GMP manufacturing standards.

Riboflavin is involved in the conversion of proteins, fats and carbohydrates into energy.

Thyroid hormone production also depends on the presence of riboflavin, as do important cells of the immune system that protect us from the harmful effects of free radicals.

Vitamin B2 contributes to the normal maintenance of red blood cells, mucosa, and energy and iron metabolism.

In 1879, scientists observing through a microscope discovered a fluorescent yellow-green substance in milk; but it was not until 1930 that it was identified by the name riboflavin.

This B-complex vitamin is found naturally in many foods and is easily destroyed when exposed to sunlight.

It is a water-soluble vitamin that must be obtained from the diet. Rich sources of riboflavin are milk, cheese, beef, eggs and whole grains. However, 22% of women and 12% of men have intakes below the Nutrient Reference Value (NRV).

A deficiency in Vitamin B2 can cause cracks and sores in the corners of the mouth, salivation, burning and itching in the eyes. Taking supplements will cause a yellowish color in the urine that is completely harmless.

Riboflavin or vitamin B2 is a very important nutrient as it also contributes to:

- The normal functioning of the nervous system.
- The normal maintenance of red blood cells, skin and vision.
- Maintaining mucous membranes in normal conditions.
- Reduction of tiredness and fatigue.
- Normal iron metabolism and energy system.
- Protects cells from oxidative damage.



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Supplements of this concentration do not require intake for more than 3-4 months, after which any of our adult multis will provide sufficient vitamin B2.

Yellow powder in a clear hard capsule.

Each capsule provides:

Riboflavin (Vitamin B2) 50 mg

Tableted / Encapsulated with:

See product label.

Disintegration time:

Less than 30 minutes.

Suitable for vegetarians and vegans and free of lactose and gelatin.

1 or 2 capsules daily.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

Ingestion of this product may occasionally cause a dark yellow discoloration of the urine. This is harmless and indicates that the body is using vitamin B2 (riboflavin) effectively.

This product is not recommended for pregnant or breastfeeding women.

Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.





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Instructions for use:

- Take 1 to 2 capsules daily with a meal.
- Do not exceed the expressly recommended daily dose.
- With one bottle you have for: 100 days.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241215
<https://bio-farma.es/buy/f/lamberts/riboflavin-vitamin-b2-100-capsules>

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