

Riboflavin-5-Phosphate

Essential B Vitamin

DESCRIPTION

Riboflavin-5-Phosphate, provided by Douglas Laboratories, contains 10 mg of pure riboflavin-5-phosphate, an active form of Vitamin B2.

FUNCTIONS

Riboflavin, also known as Vitamin B₂, is an essential B vitamin. It is a component of the coenzymes FAD and FMN, which are intermediates in many redox reactions, including energy production and cellular respiration reactions. It is also important for normal eyesight and skin. It is readily absorbed in the small intestine, but is not stored in body, since it is water-soluble. Riboflavin can be found in foods such as green leafy vegetables, milk, yogurt, cheese, and whole grains. However, riboflavin-5-phosphate is more soluble than riboflavin and the form found in all living tissues and cells.

INDICATIONS

Riboflavin-5-Phosphate may be a useful dietary adjunct for individuals who wish to supplement their diet with additional riboflavin.

FORMULA (#7658)

1 Capsule Contains:

Riboflavin-5-Phosphate10 mg

SUGGESTED USE

Adults take 1 capsule daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Friel JK, Bessie JC, Belkhole SL, Edgecombe C, Steele-Rodway M, Downton G, Kwa PG, Aziz K. Thiamine, riboflavin, pyridoxine, and vitamin C status in premature infants receiving parenteral and enteral nutrition. : J Pediatr Gastroenterol Nutr 2001 Jul;33(1):64-9

Kuzniarz M, Mitchell P, Cumming RG, Flood VM. Use of vitamin supplements and cataract: the Blue Mountains Eye Study. Am J Ophthalmol 2001 Jul;132(1):19-26

Lakshmi AV. Riboflavin metabolism--relevance to human nutrition. Indian J Med Res 1998;108:182-90.

McKay DL, Perrone G, Rasmussen H, Dallal G, Hartman W, Cao G, Prior RL, Roubenoff R, Blumberg JB. The effects of a multivitamin/mineral supplement on micronutrient status, antioxidant capacity and cytokine production in healthy older adults consuming a fortified diet. : J Am Coll Nutr 2000 Oct;19(5):613-21

Roongpisuthipong C, Sobhonslidsuk A, Nantiruj K, Songchitsomboon S. Nutritional assessment in various stages of liver cirrhosis. Nutrition 2001 Sep;17(9):761-5.

For more information on Riboflavin-5-Phosphate visit douglaslabs.com

† 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.

Riboflavin-5-Phosphate
Essential B Vitamin

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



You trust Douglas Laboratories.
Your patients trust you.

© 2014 Douglas Laboratories. All Rights Reserved