



B2 Riboflavin

Essential nutrient support



- Enzyme form
- High-absorption formula

ISO 17025
Accredited Laboratory



newrootsherbal.com



B2 Riboflavin



Vitamin B₂ is needed to process amino acids, fats, and proteins; activate vitamin B₆ and folic acid; help convert carbohydrates into ATP (the fuel the body runs on); retain normal eyesight; and maintain healthy skin, nails, and hair. This vitamin is water-soluble and contributes to the body's production of energy. It is good for fighting dry, cracked lips and hands. Riboflavin can protect against free-radical cell damage, helping ward off major illnesses and the effects of aging.

Foods high in riboflavin are milk, yogurt, cheeses, meat, leafy green vegetables, and whole and enriched grains. Riboflavin is an essential vitamin and is easily destroyed by light. Oral contraceptives may cause a riboflavin deficiency as well.

Riboflavin is important to both vegetarians and carnivores (meat-eaters). If you include the above foods in your diet and don't abuse alcohol, you probably consume sufficient amounts of riboflavin. Under some circumstances, vitamin B₂ can act as an antioxidant.

As the catalytically operating moiety within bound flavoenzymes, riboflavin participates in oxidation–reduction reactions in numerous metabolic pathways and in energy production via the respiratory chain. Flavoproteins participate in both one- and two-electron transfers. They operate in pyridine nucleotide-dependent and -independent dehydrogenation, reactions with sulfur-containing compounds, hydroxylation, oxidative decarboxylations, deoxygenations, and reduction of oxygen to hydrogen peroxide following abstraction of hydrogen from substrates.

Riboflavin-5'-Phosphate

We added riboflavin-5'-phosphate to make sure that people with certain enzyme deficiencies obtain the full benefits of vitamin B₂. This form of vitamin B₂ is sometimes referred to as “activated riboflavin” because of its fast-acting effects in the body. Riboflavin-5'-phosphate is rapidly hydrolyzed to yield riboflavin after ingestion; riboflavin and riboflavin-5'-phosphate are in metabolic equilibrium after absorption. Riboflavin-5'-phosphate is the prosthetic group of flavoproteins involved in general cell metabolism as hydrogen acceptors.

Pyridoxal-5'-phosphate (P5P) is the active coenzyme form of vitamin B₆. Most B-complex formulas contain only the inactive pyridoxine hydrochloride form. New Roots Herbal uses P5P, as it does not have to be processed by the liver because of its enzyme form, and is immediately assimilated.

New treatment for migraines includes 400 mg of riboflavin per day. Ask your doctor before beginning, as this is a very large dose of riboflavin. You also want to make sure your doctor eliminates other possible causes for your headaches. According to the most recent RDA, no cases of riboflavin toxicity have been reported. The stomach/intestines capacity to absorb riboflavin is rather limited.

Each vegetable capsule contains:

Vitamin B2 (riboflavin).....	95 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg

Other ingredients: Vegetable magnesium stearate and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Suggested use:

Take 1 capsule daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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