



Riboflavin

Other Names

Vitamin B2

Description

Vitamin B2 is found in all plant and animal cells. It is involved in the transfer of hydrogen in numerous essential reduction-oxidation reactions in the generation of energy in cellular metabolism.

Properties

- Riboflavin coenzymes are essential for the conversion of pyridoxine (vitamin B6) and folic acid into their active forms
- and for the transformation of tryptophan into niacin.

Directions for use

Dietary supplement, medicines, nutrition

Hazard Warning

See MSDS

Dosage

None

Packaging

25 kg carton