



Riboflavin 5'-Phosphate

The bioactive, tissue ready form of riboflavin, necessary for the formation other B vitamins.

Riboflavin 5'-Phosphate is a more readily usable form of B2 than riboflavin. It is an important cofactor for the activation and conversion of other B vitamins, including niacin and vitamin B6.



Riboflavin, also known as vitamin B2, is necessary for the body to be able to activate vitamin B6. Riboflavin is also necessary for the body's conversion of tryptophan to niacin, and the conversion of folate to folate's various active forms. In addition, riboflavin plays a crucial role in the metabolism of fats and glucose, the synthesis of red blood cells, healthy methylation, and the production and regulation of certain hormones.

To be utilized by the body, however, riboflavin must first be converted to its active form – riboflavin 5'-phosphate (R5P). A compromised digestive system, however, can adversely affect the body's ability to convert riboflavin to R5P. And certain prescription medications can also compromise the absorption of riboflavin, putting it in a state of deficiency. Thorne's Riboflavin 5'-Phosphate, which is not derived from yeast, provides supplementation with a bioactive, tissue ready form of riboflavin that can be optimally utilized in the body.

Suggested Use

Take 1 capsule one to three times daily or as recommended by your health professional.

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, consult your health professional before using this product.

Interactions

There are no known adverse interactions or contraindications at publication date.

SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	36.5 mg	2,808%
Daily Value (DV)		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Silicon Dioxide. Calcium Laurate.