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2. Vitamin B2

Vitamin B2

Generic name: [riboflavin \(vitamin B2\)](#) [RYE-bow-flay-vin]

Brand names: [B2-400](#), Vitamin B2

Drug class: [Vitamins](#)



[Medically reviewed](#) by Drugs.com on Oct 29, 2024. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [What to avoid](#) [Interactions](#)

What is riboflavin?

[Riboflavin](#) is vitamin B2. [Vitamins](#) are naturally occurring substances necessary for many processes in the body. Riboflavin is important in the maintenance of many tissues of the body.

Riboflavin is used to treat or prevent deficiencies of riboflavin.

Riboflavin may also be used for purposes not listed in this medication guide.

Riboflavin side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Call your doctor if you have [diarrhea](#) or increased urination. These could be signs that you are using too much riboflavin.

Riboflavin may cause your urine to turn a yellow-orange color, but this is usually not a harmful side effect.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[Vitamin B2 side effects](#) (more detail)

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have ever had:

- [gallbladder disease](#); or
- [cirrhosis](#) or other [liver disease](#).

Ask a doctor before using this product if you are pregnant or breastfeeding.

Do not give any herbal/health supplement to a child without medical advice.

How should I take riboflavin?

When considering the use of riboflavin, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use riboflavin, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Do not use different formulations of riboflavin at the same time without medical advice. Using different formulations together increases the risk of an overdose of riboflavin.

Store at room temperature away from moisture, heat, and light.

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking riboflavin?

Follow your healthcare provider's instructions about any restrictions on food, beverages, or activity.

Riboflavin could make you [sunburn](#) more easily. Avoid sunlight or tanning beds. Wear protective clothing and use [sunscreen](#) (SPF 30 or higher) when you are outdoors.

What other drugs will affect riboflavin?

Other drugs may affect riboflavin, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell your doctor about all other medicines you use.

Does Vitamin B2 interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Vitamin B2

+

Enter a drug name

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Patient resources

Other brands

B2-400

Professional resources

- [Riboflavin monograph](#)

Related treatment guides

- [Dietary Supplementation](#)
- [Vitamin/Mineral Supplementation and Deficiency](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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Find out everything you need to know about weight loss drugs in our prescription [weight loss drug guide](#).

DRUG STATUS

Availability	
<div><div>Rx</div><div>OTC</div></div>	Rx and/or OTC
CSA Schedule*	
N/A	Not a controlled drug



User Reviews & Ratings

6.9 / 10

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