

# R-5-P Riboflavin 5'-Phosphate – Helps in Energy Metabolism

## About R-5-P Riboflavin 5'-Phosphate

- Riboflavin 5'-phosphate is the biologically active form of vitamin B2 that can be used directly without the body's conversion, despite genetic differences that may affect the body's ability to convert it to an active form.
- Riboflavin may help prevent riboflavin deficiency. Though less than 10% of Canadians have deficient riboflavin intake according to nutrition surveys, adequate intake may not always correspond to adequate levels. In a study with Canadian women ages 19–45, 40% had deficient riboflavin levels.<sup>1</sup>
- Riboflavin helps support normal metabolism of iron, and riboflavin deficiency may result in iron deficiency, leading to iron-deficiency anemia.<sup>2</sup>
- Riboflavin also helps support red blood cells. It is a cofactor for enzymes in folate metabolism, which helps in red blood cell division, and a cofactor for glutathione reductase, which protects immature red blood cells. It is also needed to make ATP energy for red blood cells to mature.<sup>3</sup>
- Riboflavin helps in energy metabolism and in tissue formation.<sup>4</sup>
- Riboflavin helps support healthy mucous membranes.<sup>4</sup>

## How to Use R-5-P Riboflavin 5'-Phosphate

- Take 1 capsule per day or as directed by a health care practitioner.

## Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Riboflavin is generally well tolerated when taken as directed. Some people experience bright yellow urine because of excess riboflavin excretion, which is considered harmless. Do not use if allergic to riboflavin.<sup>5</sup> Keep out of reach of children.

## Drug Interactions

- There are no known clinically relevant drug interactions.<sup>6</sup>

## Quick Tips for Optimal Health

- Eat a rainbow of fruits and vegetables every day. In addition to vitamins and minerals, the different colours contain different phytonutrients that support health – carotenoids are yellow and orange, flavonoids tend to be red, purple, and blue, and chlorophyll is a vivid green.<sup>7</sup> Riboflavin can be found in dairy, fatty fish, and grains, with higher amounts in fortified grains. It is found in smaller amounts in fruits and vegetables.<sup>5</sup>
- Make time for physical activity – consider using the stairs instead of the elevator, park farther away to fit in exercise, or even count your steps. Studies show, without a doubt, that physical activity increases health span.<sup>8</sup>
- Take charge of stress. Stress management techniques such as breathing and stretching exercises can have a greater impact on psychological well-being than you might think.<sup>9,10</sup>
- Relax an hour before bedtime by dimming the lights and engaging in a relaxing wind-down – you know what will work best for you. Consider stretching and breathing exercises, reading a soothing book, or listening to relaxing music. One study found that people who spent five minutes at bedtime writing a to-do list for the next day fell asleep significantly faster than people who instead wrote an already-done list.<sup>11</sup>
- Avoid electronic screens one hour before bed as they can interfere with your body's circadian rhythm and your ability to fall asleep.<sup>12</sup>
- Get at least 7–9 hours of sleep to be ready for the next day.<sup>13</sup> Keeping the bedroom quiet, cool, and dark will also help with sleep.<sup>14</sup>

PATIENT NAME: \_\_\_\_\_

**PRACTITIONER NOTES:**

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PRACTITIONER CONTACT INFORMATION:

## References

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