

Riboflavin, folic acid, niacinamide, and lactic acid bacillus are commonly used in dietary supplements or medications.

**Brand name:** Recospor Tablets (Green Cross Remedies)

Here's some information regarding their usage, dosage, side effects, and storage:

**Usage:**

- Riboflavin (Vitamin B2), folic acid (Vitamin B9), and niacinamide (Vitamin B3) are essential vitamins that play various roles in the body's metabolism, energy production, and cell growth.
- Lactic acid bacillus is a probiotic bacterium that helps maintain a healthy balance of gut bacteria and may support digestive health.
- These ingredients are often combined into a single tablet to provide a comprehensive supplement for overall health and well-being.

**Indications:**

- Mouth Ulcer
- Cheilosis
- Pellagra
- Anemia
- Stomatitis
- Glossitis
- GI Disorder
- Muscle Pain

**Dosage:**

- The dosage of riboflavin, folic acid, niacinamide, and lactic acid bacillus tablets can vary depending on the specific formulation and the individual's age, health status, and nutritional needs.
- It's essential to follow the recommended dosage instructions provided by the manufacturer or healthcare professional.
- Typically, these tablets are taken orally with water, usually once daily or as directed by a healthcare provider.

**Side Effects:**

- Riboflavin, folic acid, niacinamide, and lactic acid bacillus are generally considered safe when taken at recommended doses.
- However, some individuals may experience mild side effects such as nausea, vomiting, diarrhea, or allergic reactions.
- In rare cases, high doses of niacinamide (Vitamin B3) may cause flushing, itching, or liver problems.

- If you experience any adverse reactions or side effects while taking these tablets, discontinue use and consult a healthcare professional.

**Storage:**

- Store the tablets in their original packaging or a tightly sealed container to protect them from moisture, light, and heat.
- Keep the tablets out of reach of children and pets.
- Follow any specific storage instructions provided by the manufacturer, such as storing them at room temperature or in the refrigerator if necessary.

**Packing:** 20 x 10 Tablets

Always consult with a healthcare professional before starting any new dietary supplement or medication, especially if you have underlying health conditions, are pregnant or breastfeeding, or are taking other medications or supplements.