



Vitamin B2

VITAMIN B2

► Sources ◀

- Fish, meat, and poultry, such as turkey, chicken, beef, kidneys, and liver
 - Eggs
- Dairy products
 - Asparagus
 - Artichokes
 - Avocados
 - Cayenne
 - Currants
- Fortified cereals
 - Kelp
- Lima beans, navy beans, and peas
 - Molasses
- Mushrooms
 - Nuts
 - Parsley
 - Pumpkins
 - Rosehips
 - Sage
- Sweet potatoes
 - Cruciferous vegetables, such as broccoli,
- Brussels sprouts, spinach, dandelion greens, and watercress
 - Whole-grain breads, enriched breads, and wheat bran
 - Yeast extract

Vitamin B2 is water soluble, so cooking foods can cause it to be lost. About twice as much B2 is lost through boiling as it is through steaming or microwaving.



► Recommended Amounts ◀

According to Oregon State University, the recommended daily allowance (RDA) of vitamin B2 in for men aged 19 years and over is 1.3 milligrams per day, and for women, it is 1.1 milligram per day. During pregnancy, women should have 1.4 milligrams per day, and when breastfeeding, 1.6 milligrams per day.

► Deficiency ◀

Vitamin B2 deficiency is a significant risk if the diet is poor, because the human body constantly excretes the vitamin, so it is not stored. A person with B2 deficiency typically lacks other vitamins. There are two types of riboflavin deficiency. Primary riboflavin deficiency occurs when a person's diet is poor in vitamin B2. Secondary riboflavin deficiency occurs for another reason, perhaps because the intestines cannot absorb the vitamin properly, or the body cannot use it, or it is excreted too quickly. Riboflavin deficiency is also known as riboflavinosis.



B₂
Vitamin

Vitamin B2



The human body produces ATP through food, and ATP produces energy as the body needs it. The combination of ATP is vital for storing energy in muscles. Along with vitamin A, vitamin B is essential for:

- ▶ Preservation of mucous membranes in the gastrointestinal tract

▶ Vitamin B2 ◀

Vitamin B2 is a water-soluble vitamin, so it dissolves in water. All vitamins are either water-soluble or fat-soluble. Water-soluble vitamins are transported through the bloodstream and whatever is not needed is excreted in the urine. People need to take vitamin B2 every day because the body can only store small amounts and resources are depleted rapidly. Riboflavin is naturally present in some foods and is added to others and can be taken as a supplement. It is more absorbed in the small intestine

▶ Role ◀

Vitamin B2 helps break down proteins, fats and carbohydrates. It plays an important role in maintaining the body's energy. Riboflavin helps convert carbohydrates to adenosine triphosphate (ATP).



- ▶ Maintain a healthy liver
- ▶ Conversion of tryptophan to niacin, an amino acid
- ▶ Health of eyes, nerves, muscles and skin

- ▶ Absorption and activation of iron, folic acid and vitamins B1, B3 and B6
- ▶ Hormone production by the adrenal glands
 - ▶ Prevent the development of cataracts
 - ▶ Fetal growth, especially in areas where vitamin deficiencies are common

Some research suggests that vitamin B2 may help prevent cataracts and migraine headache, but further studies are needed to confirm this. Other studies have found that in children with autism, supplements of vitamins B2, B6, and magnesium appear to reduce the levels of abnormal organic acids in the urine.