

VITAMIN B2/Riboflavin

GOOD FOR:

- Involved in energy metabolism
 - Break down carbohydrates, and fats to produce energy
 - Without adequate amounts of B2/Riboflavin these macronutrients cannot be digested properly
- Vitamin B2/Riboflavin essential to utilize other B vitamins in our bodies such as Vitamin B3/Niacin, Vitamin B9/Folate, and VitamineB6/Pyridoxine
- Good for eye health
 - Natural antioxidant called glutathione attacks free radicals in the eyes, reducing the risk of developing cell damage in retina
 - Glutathione must be recycled and B2/Riboflavin is essential for this to occur
- Enhances oxygen delivery to the body
 - Protein Hemoglobin responsible for transportation of oxygen to the body requires B2/Riboflavin in order to synthesize

B2/RIBOFLAVIN DEFICIENCY:

- Sore throat, swollen tongue, skin cracking (corners of the mouth), eyes becoming sensitive to light/easily fatigue, clouding of the lens in your eyes, hair loss, anemia (weakness/fatigue due to shortage of red blood cells)

FUN FACTS:

- “Flavin” from latin word “Flavus” meaning yellow
 - Refers to the yellow color of this vitamin
 - If excess supplementation of water soluble vitamin B2/Riboflavin, urine turns bright yellow as excess is secreted
- Deficiency is rare due to fortified foods consumed in the normal western diet
- Boosts energy due to its major role in production of energy from assisting macronutrient metabolism
- Numerous studies have linked this vitamin to help those who suffer regular migraines
- Promotes formation of red blood cells
- Boosts mineral absorption in the body
- Protects hair and skin
- Ensures proper growth of tissue and organs

FOODS THAT CONTAIN VITAMIN B2/RIBOFLAVIN

- Beef, lean pork chops, fortified tofu, low fat milk, salmon mushrooms, spinach, almonds, avocados, eggs, fortified cereals

With Warm Regards,
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