# RIBOFLAVIN (VITAMIN B<sub>2</sub>)

## MAIN FUNCTIONS
- Helps convert food into useable energy
- Assists several antioxidant enzymes

## GOOD SOURCES

### Dairy Products
- Milk (nonfat), 8 ounces, 0.45 mg
- Yogurt
- Cheese

### Meat
- Salmon, 3 ounces, 0.13 mg
- Chicken, 1 large, 0.26 mg

### Egg
- 1 large, 0.26 mg

mg = milligrams; a 3-ounce serving of meat or fish is about the size of a deck of cards

## DAILY RECOMMENDATION
- Men: 1.3 mg
- Women: 1.1 mg

## SPECIAL NOTES
- Riboflavin is easily destroyed upon exposure to light.
- Low-dose riboflavin supplementation may lower blood pressure in individuals with a genetic mutation in MTHFR, an enzyme involved in folate metabolism.