**Riboflavin (Vitamin B<sub>2</sub>)**

**Main Functions**
- Helps convert food into useable energy
- Assists several antioxidant enzymes

**Daily Recommendation**
- **Men**: 1.3 mg
- **Women**: 1.1 mg

**Good Sources**

<table>
<thead>
<tr>
<th>Dairy Products</th>
<th>Meat</th>
<th>Egg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (nonfat), 8 ounces, 0.45 mg</td>
<td>Salmon, 3 ounces, 0.13 mg</td>
<td>Egg, 1 large, 0.26 mg</td>
</tr>
</tbody>
</table>

**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.

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