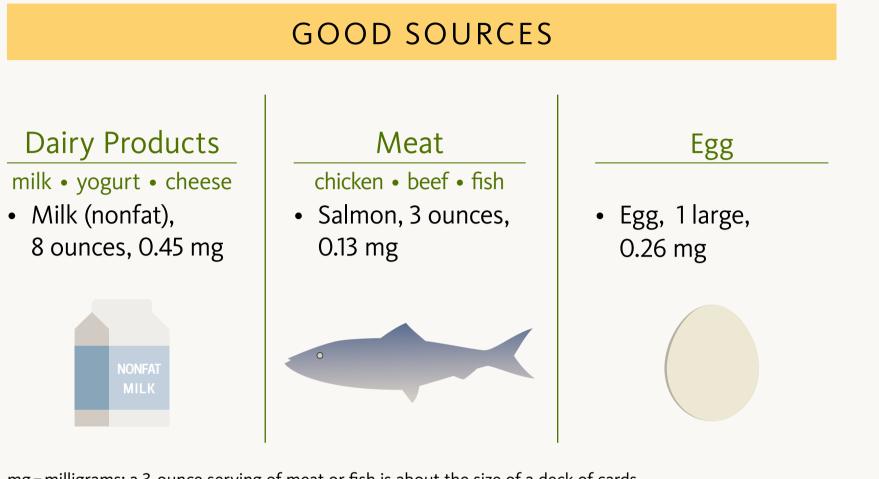
RIBOFLAVIN (VITAMIN B_2)



MAIN FUNCTIONS

- Helps convert food into useable energy
- Assists several antioxidant enzymes



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

DAILY RECOMMENDATION 1.3 mg mg Men Women

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.

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