

RIBOFLAVIN (VITAMIN B₂)



MAIN FUNCTIONS

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

GOOD SOURCES

Dairy Products

- milk • yogurt • cheese
- Milk (nonfat), 8 ounces, 0.45 mg



Meat

- chicken • beef • fish
- Salmon, 3 ounces, 0.13 mg



Egg

- 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

1.3
mg

Men

1.1
mg

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.