



| <b>Vitamin B2 - Riboflavin</b>          |  |
|---|--|
| <b>Description</b>                      | Riboflavin is water soluble and part of the B-vitamin group  |
| <b>Function</b>                         | A water soluble vitamin, essential for the formation of two substances: FAD (flavin adenine dinucleotide) and FMN (flavin mononucleotide). Both are vital for the processes that make energy available in the body. Riboflavin works effectively with iron, vitamin B6 and folic acid. It is important for skin and eye health.  |
| <b>Human Requirements</b>               | In the UK, the average adult diet provides: for men, 2.11 mg daily; for women, 1.60 mg <sup>1</sup> .  |
| <b>Dietary Intake</b>                   | EU RDA: 1.6mg  |
| <b>Food Sources</b>                     | Liver, kidneys, fortified breakfast cereals, meat, milk, some green vegetables, eggs, cheese, yeast extracts. Decomposed by heat and also exposure to light. This is significant with respect to milk, which is a major source of riboflavin (ie if milk is exposed to bright sunlight/light for long periods of time).  |
| <b>Deficiency Symptoms</b>              | Trembling, dizziness, poor concentration and memory. Also, blood-shot, red, tired or gritty eyes. Mouth ulcers or sores and cracks at the corner of the mouth. Red, inflamed tongue and lips and scaly eczema-like skin rash.  |
| <b>Precautions / Contra-Indications</b> | Safe Upper Level: 40mg <sup>2</sup>  |
| <b>Pregnancy &amp; Breastfeeding</b>    | Riboflavin is suitable to be taken during pregnancy and breastfeeding.   |
| <b>Adverse Effects</b>                  | None known, although large doses may cause a yellow discolouration of the urine.   |
| <b>Interactions<sup>1</sup></b>         | Excessive alcohol intake induces riboflavin deficiency. Prolonged use of oral contraceptives may induce riboflavin deficiency. Adequate amounts of all B vitamins are required for optimal functioning; deficiency or excess of one B vitamin may lead to abnormalities in the metabolism of another. Deficiency of riboflavin may impair iron metabolism and produce anaemia. |
| <b>References</b>                       | <ol style="list-style-type: none"> <li>1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.</li> <li>2. Expert Group on Vitamins and Minerals, 2003.</li> </ol>   |