



Vitamin B2

What is it?

Vitamin B2 is riboflavin. This is the stuff that turns your urine yellow. It is another water-soluble vitamin.

Why do I need it?

Like thiamine, riboflavin is necessary for general energy metabolism. It allows the food you eat to be converted into the energy you need to function. B2 is an important co-factor in the metabolism of homocysteine thru the MTHFR enzyme system. Some individuals don't have a functioning MTHFR enzyme system resulting in higher homocysteine levels and an increased risk of heart disease.

Riboflavin plays an important role in maintaining the proper amount of Niacin, Vitamin B3 and it is a co-factor for the enzyme glutathione reductase, an essential anti-oxidant. Anti-oxidants are necessary to protect the body from highly reactive oxygen containing molecules from harming the body. Iron, zinc, folate and Vitamin B12 are also made fully available by the body by adequate riboflavin.

Riboflavin helps in the prevention and treatment of anemia, rosacea, vaginitis, cataracts and migraine.

Deficiency results in skin lesions and cracks about the lips.

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Where do I find it?

The best sources of Vitamin B2 are whole-grain cereals, bread, meat, eggs, green leafy vegetables and nuts.

Asparagus (1 cup)	0.23 mg.
Yogurt, low fat (1 cup)	0.52 mg.
Egg, one	0.23 mg.
Almonds, whole (1/2 cup)	0.32 mg.
Tomato, medium, one	0.09 mg.
Calves liver, 4 oz.	2.20 mg.

How much do I need?

Adult males: 1.3 mg. daily

Adult females: 1.1 mg. daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

