**Riboflavin (B2)**

**It is one of the water soluble vitamins and is not stored in the body. It was considered to be part of the Thiamin vitamin until it was discovered that heat killed Thiamin and left a heat resistant compound dubbed Riboflavin and eventually call B2.**

**Absorption inhibitors:**

**Poor diet along with long term barbiturate use can cause the liver to activate enzymes that accelerate the metabolism of Riboflavin.**

**Regulation of absorption:**

**Riboflavin is readily absorbed up to about 30mg per meal this is done in the upper duodenum any excess is passed in the urine.**

**RDA:**

**Adult men its 1.3mg and for women it is 1.1mg. The difference is again because of the higher energy needs of men in general therefore for pregnant women it is 1.4mg and lactating 1.6mg and as with thiamin there is no UL established.**

**Sources:**

**Is in enriched grain products. Milk and dairy products, eggs dark green leafy vegetables, mushrooms and high protein foods such as lean meats, and organ meats. Packing and storing of food is important because Riboflavin is light sensitive.**

**Deficiencies:**

**Again it is very rare in the United States. The deficiency is called Ariboflavinoses it first appears as cracks at the corners of the mouth and progresses to anemia and B6 metabolism can be hampered. It has been suggested and some studies indicate that in untrained athletes that take on an aerobic training program may need additional riboflavin in the early stages to produces additional flavoprotiens in muscle.**

**No UL has been established and no toxicity has been reported.**

**Functions:**

**Riboflavin is an important player in the energy production pathways it is part of an enzyme that is responsible for the breaking down of fatty acids to be used in energy production. Also it works with other B vitamins to help in body growth and red blood cell production. Along with the use of carbohydrates for energy.**