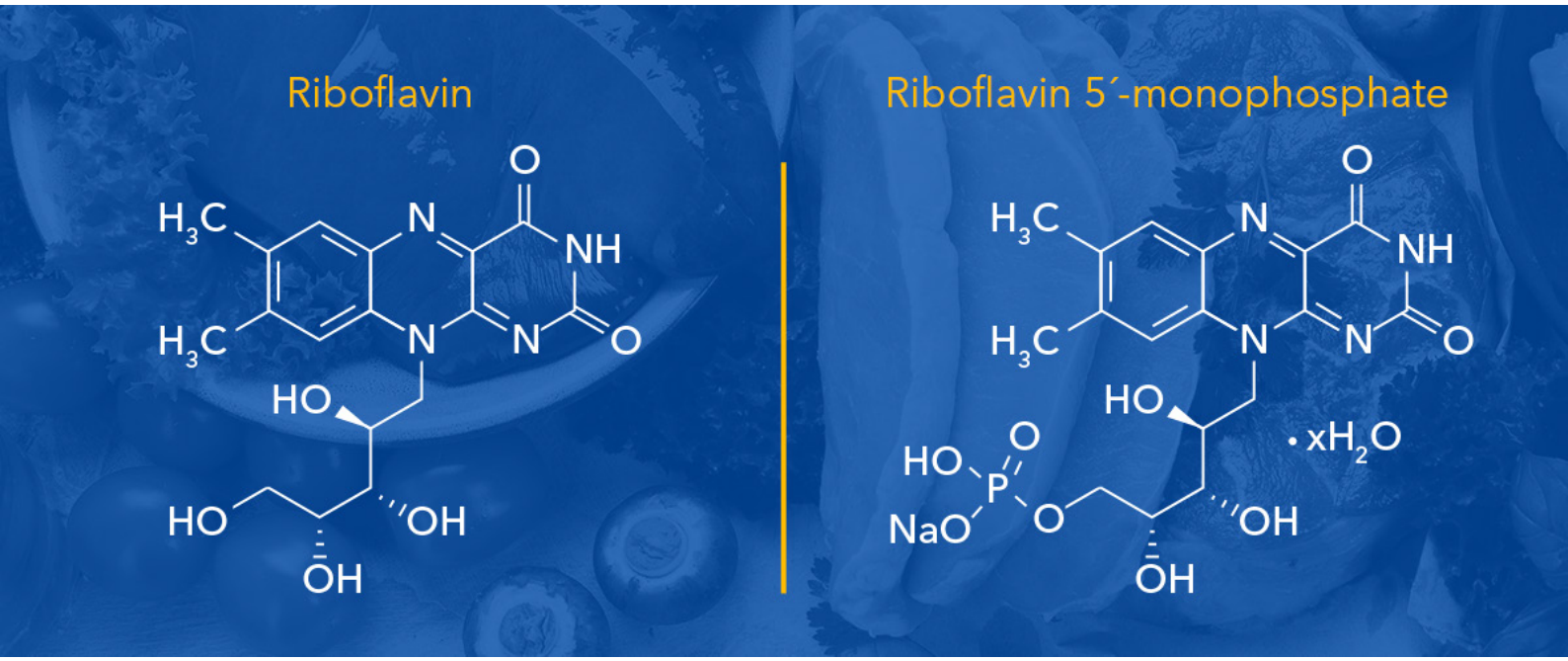
Vitamin **B2**

Vitamin B2 (RIBOFLAVIN) is a water-soluble B vitamin, not stored in the body. It is reported as a sum of two chemical compounds determined by HPLC with FLD detection.



Functions/Health effect:

Riboflavin is essential to the formation of two major coenzymes, FMN and FAD, playing a key role in energy metabolism, cell function, as well as the breakdown of fats, steroids and medications. Riboflavin also helps the body transform vitamins B6 and B9 into usable forms. Recently, it has been studied as a prophylactic therapy for preventing migraines.

Sources:

Riboflavin is produced by the bacteria in the gut, but the amount is not sufficient to meet dietary needs. It is found naturally in most foods, added to them, or available as a dietary supplement. In the US and other countries, wheat flour and bread are fortified with riboflavin to compensate for the loss during milling.
Foods that are particularly rich in riboflavin include eggs, milk, organ meats (kidneys and liver), nuts and green vegetables.

Did you know that?

Riboflavin is not easily destroyed by heat but it can be lost in water when foods are boiled or soaked. Thus, roasting and steaming foods is recommended to preserve riboflavin.

In its purified, solid form, it is a water-soluble yellow-orange crystalline powder used as a food coloring agent. In Europe, it is designated with the E number (E101) for use as a food additive.

Food *division*