

# Riboflavin (B2)

## Why do we need it?



- To help the body release energy from food.
- For the maintenance of a healthy nervous system.
- Needed for healthy skin and nails.



**Recommended Daily Allowance:** depends on gender

Men: **1.3mg**

Women: **1.1mg**



= **0.9mg**

450ml of Low Fat Milk



= **1mg**

1 cup of Tofu



= **0.8mg**

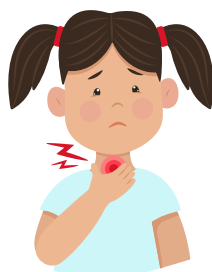
1 6oz fillet of Salmon

## Symptoms of Deficiency

Cracked Lips



Swollen Throat



Fatigue



Blurred Vision

