Vitamin B2

Other name	sources	function	Deficiency(symptoms)	RDA
Riboflavin	Rice	Vitamin B2 helps	Chronic alcoholics are	Men - 1.5
	Bajra	break down	susceptible to B2	mg/day
	Pulses, soybeans	proteins, fats,	deficiency.	Women - 1.2
	Vegetables	and	Deficiency observed	mg/day
	cauliflower	carbohydrates. It	in poorer population.	
	Brinjal, liver of	plays a vital role	In newborn infants	
	sheep	in maintaining	subjected to	
	Eggs and Mutton	the body's energy	phototherapy for	
		supply. Riboflavin	hyperbilirubinemia.	
		helps convert	Observed in patient	
		carbohydrates	of peritoneal dialysis	
		into adenosine	and hemodialysis.	
		triphosphate		
		(ATP).		

		(ATP).		
Vitamin		Not	esale.co	.uk
Other name	sources	f in thon	Lefice cy(symptoms)	RDA
Prev	whole grain cereals dried yeast, tea & coffee	Niacin Pys carbohydrates into glucose, metabolizing fats and proteins, and keeping the nervous system working properly. Niacin also helps the body make sex- and stress- related hormones and improves circulation and cholesterol levels.	Deficiency of niacin leads to the clinical condition called pellagra. Symptoms of pellagra are dermatitis, diarrhea and dementia.	Men - 15 – 20 mg/day Children – 10 to 15 mg/day Women - 14 mg/day