

Vitamin B2

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

Vitamin B3

Other name	sources	function	Deficiency(symptoms)	RDA
Niacin	liver, meat, fish and legumes, Whole grain cereals dried yeast, tea & coffee	Niacin plays a role in converting 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