

# [Vitamin b2 (riboflavin) research paper examples](https://assignbuster.com/vitamin-b2-riboflavin-research-paper-examples/)

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Riboflavin also known as vitamin B2 is just one among the eight B vitamins. It is a water soluble vitamin that is responsible for the maintenance of good health for not only humans but animals too. Among its major functions are supporting the function of adrenal in the body and maintain a very good and healthy nervous system (Agarwal 2006). During the growth period of individuals, from childhood till maturity, vitamin B2 plays a very crucial role in the growth and development of the body. In order to avoid stunted growth, it is imperative that children feed well on foods that provide the body with riboflavin because this way, one can be sure of proper growth when of course it is well balanced and used together with other food nutrients   
The history of riboflavin traces its roots back to the year 1879, when milk was found to contain a water soluble pigment. Back then, the pigment was referred to as lactoflavin because it was found in milk. Later on in the 1930s, it was discovered together with ovoflavin, another vitamin. There are a variety of sources of this interesting vitamin that is from both plants and animal products. It can be gotten by consumption of milk, cheese liver, green leafy vegetables, legumes, soybeans, almonds mushrooms, asparagus, broccoli, eggs and also enriched cereals. There are also other means of acquiring it, which is by use of supplements. But just like other nutrients, it is better gotten from diet rather than supplements (McDowell 2013).   
In cases of vitamin B2 deficiency because this happens in very rare cases, the body will have difficulties in its metabolization of among others, carbohydrates, energy, fats and proteins too which may lead individuals to feel fatigued all the time. Normally, there are other very clear signs that will be manifest in an individual who is suffering from its deficiency for instance sore throats in initial stages but in advanced stages, one will get sores and cracks on the corners of the mouth. Apart from this, a person will have a dry skin and thinned mucous membrane.   
There are diseases or conditions that come with the deficiency of riboflavin. Among them is a dry and flaky skin, a condition also known as dermatitis. This can happen on the scalp, face and the rest of the body. This will make the hair look dull or oily as well as making the skin loon wrinkling. Again, a person suffering from this deficiency may end up with eye problems. Among the very many eye problems that will be exhibited include blood shot eyes, cataracts and a burning sensation that may make a person feel uncomfortable.   
There are quite a number of signs of toxicity due to its overdose. But since it is a water soluble vitamin, it’s over dosage risks are a bit limited because much of the extra amounts are gotten rid of through urine. In case there is over consumption of it, a person will feel itchy, numb or even burning sensations (Zeng 2010). Trickling is also another symptom of over dosage of riboflavin not forgetting too much sensitivity to bright light. Many a time, toxicity happens when it is consumed through supplements because this way a lot of it is introduced into the body, an act that might lead to its over consumption. In order to avoid this, it is advised that one takes foods that are rich in vitamin B2.

## References

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