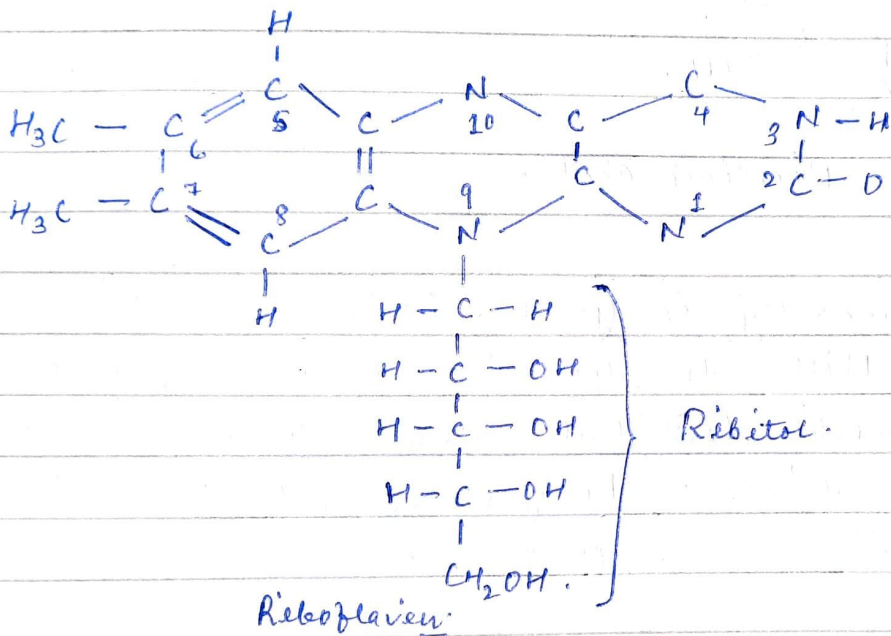


RIBOFLAVIN (B₂).

Warburg and Christian isolated this yellow enzyme from yeast in 1932.

CHEMISTRY:-

Riboflavin corresponds to 6,7-dimethyl-9-ribityl-isalloxazine and contains the alcohol (ribitol) derived from the sugar ribose attached at position 9.



SOURCES:-

Riboflavin is widely distributed throughout the Plant and animal Kingdom, with very rich sources in anaerobic fermenting bacteria. Milk, liver, kidney and heart are excellent sources. Many vegetables are also good sources, but the cereals are rather low in riboflavin content.

FUNCTIONS:-

It is the constituent of two enzymes - flavin mono nucleotide (FMN) and Flavin adenine dinucleotide (FAD), which are known in intermediary metabolism.

DEFICIENCY:-

Riboflavin deficiency in man is characterized by a particular type of glossitis (magenta-coloured tongue), fissures at corners of mouth & lips (cheilosis), localised seborrheic dermatitis of the face and corneal vascularization.