

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Vitamin B2

Vitamin B 2 was discovered around 1933 by several workers including Kuhn, Szent-Gyorgy and Wagner-Jauregg. It is found in beef liver, Schweiger sausage, lean sirloin steak, mushrooms, nonfat milk and eggs, oysters and ricotta cheese to name some major sources. Lesser amounts are in fruits, breads, cereals and vegetables.

The chemical name is riboflavin. Functions include energy production, enzyme operations, nerve function and liver metabolism.

There are many sources of the vitamin and therefore isolated deficiencies are rare. Usually those with some cancers, alcoholics and even diabetic patients are at risk for a deficiency. Women on contraceptives may have lower levels of this vitamin. Riboflavin metabolism is altered in people with thyroid disease. Symptoms include lip and mouth ulcers, inflammation of the tongue, dermatitis of the skin and nerve dysfunction.

Toxicity from large oral doses has not been described, but neither can any benefit be ascribed to megadosing by otherwise healthy people. Riboflavin is freely excreted in the urine as a bright yellow and orange color. It is one of the water soluble vitamins.

With pregnancy and lactation there is an increased need for this vitamin. Since many women in this condition are already eating more than usual a supplement may not be required. Check with your doctor.

The above represents the opinion of A. E. Haas, M.D.

Venice Plastic Surgery, Venice Wound Center, Lakeside Medical Center

Just call us directly. No referral needed unless required by your insurance company

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