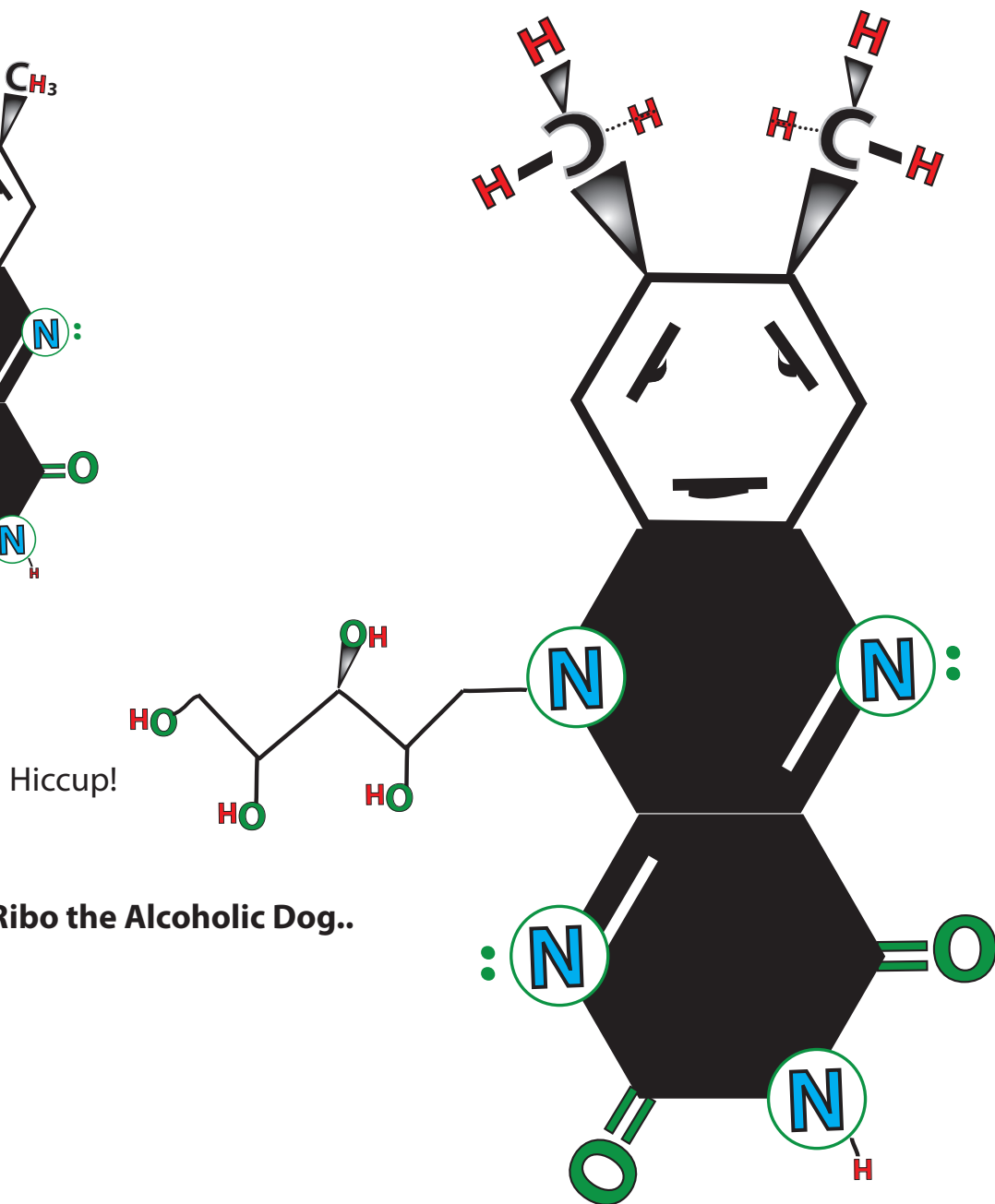
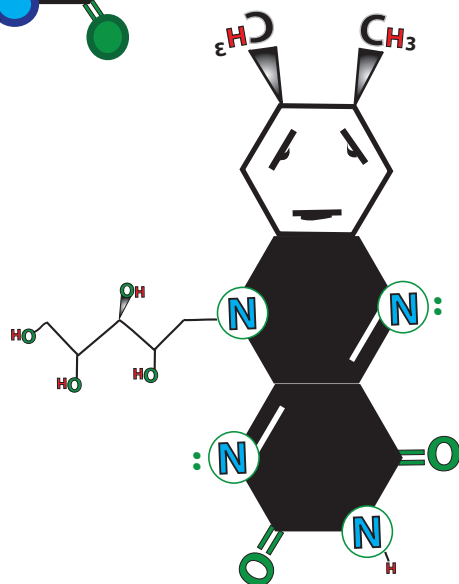
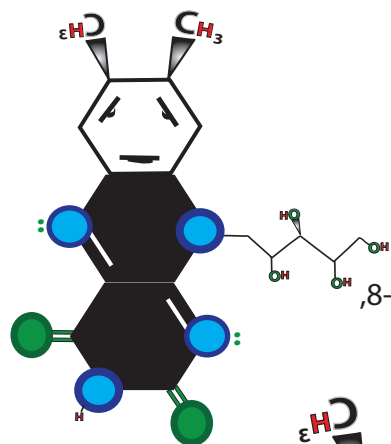


# Vitamin B 2

*the "RiboFLavin Centipede"*

,8-dimethyl- 10-((2R,3R,4S)- 2,3,4,5- tetrahydroxypentyl) benzo [g] pteridine- 2,4 (3H,10H)- dione



**WALKING "Ribo the Alcoholic Dog..**

Riboflavin (E101), also known as vitamin B2, is an easily absorbed micronutrient with a key role in maintaining health in humans and animals. It is the central component of the cofactors FAD and FMN, and is therefore required by all flavoproteins. As such, vitamin B2 is required for a wide variety of cellular processes. Like the other B vitamins, it plays a key role in energy metabolism, and is required for the metabolism of fats, ketone bodies, carbohydrates, and proteins.

