Riboflavin is also known as vitamin B2; it is found in many food sources such as vegetables, dairy, and legumes. Riboflavin plays a role in the metabolism of carbohydrates, fats, and proteins and is used to stimulate oxidation-reduction reactions. Riboflavin is a required cofactor for flavins and flavoproteins. Occasionally, riboflavin is used to treat migraines.

References