

WHAT IS VITAMIN B₂

Riboflavin, also known as vitamin B₂, is a vitamin found in food and used as a dietary supplement. Food sources include eggs, green vegetables, milk and other dairy product, meat, mushrooms, and almonds. Some countries require its addition to grains.

VITAMIN B₂ DEFICIENCY CAN CAUSE THE FOLLOWING SYMPTOMS:

- Dryness and cracking of the skin around the nose and mouth.
- Red, dry tongue – called magenta tongue.
- Skin rash.
- Anaemia.
- Weakness and fatigue.
- Vision problems - red, sore or watering eyes, blurred vision and sensitivity to light.

NEUROTHERAPY TREATMENT

If there is pain in Mu⁰:

Acid treatment formula
(6) Adr