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2024Chart: Vitamins And MineralsChart: Vitamins And Minerals Nutrient RDA Synergistic Substances Inhibitors Effect On Body Ailments Treated Symptoms Of Deficiency Potential Toxic Effect Food Sources B2 Riboflavin Minimum Dose: M: 1.3 Mg W: 1.1 Mg High Dose: 30-100 Mg Niacin, Phosphorus, C, B6, B Complex Tobacco, Sugar, Alcohol, Coffee Red Blood Cell Formation, Metabolism, Cell Jan 4th, 2024.

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