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must be obtained through a healthy diet and replenished often ideally every day in order to avoid vitamin b2 deficiency

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web sep 28 2022 vitamin b2 refers to the molecule known as riboflavin which is a vitamin because it can produce two cofactors abbreviated as fad and fmn some proteins in the body are dependent on these cofactors to function optimally and dietary riboflavin is the sole provider of fad and fmn for these enzymes which are called flavoproteins since fad

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