TABLE 8

Guidelines for the Interpretation of Erythrocyte Levels and Urinary Excretion of Riboflavin

Subjects	Less than acceptable (at risk)		Acceptable (low risk)
	Deficient (high risk)	Low (medium risk)	
	μg/g creatinine[a]		
1 to 3 years	< 150	150 to 499	≥ 500
4 to 6 years	< 100	100 to 299	≥ 300
7 to 9 years	< 85	85 to 269	≥ 270
10 to 15 years	< 70	70 to 199	≥ 200
Adults	< 27	27 to 79	≥ 80
Pregnant, 2nd trimester	< 39	39 to 119	≥ 120
Pregnant, 3rd trimester	< 30	30 to 89	≥ 90
	Other Interpretive Guidelines[b]		
Adults:			
μg/24 hr	< 40	40 to 119	≥ 120
μg/6 hr	< 10	10 to 29	≥ 30
Load Test (return in adults of 5 mg riboflavin dose):[b]			
μg in 4 hr	< 1000	1000 to 1399	≥ 1400
Erythrocyte Riboflavin:[c]			
μg/100 ml cells	< 10.0	10.0 to 14.9	≥ 15.0

[a]Adapted from the reports of O'Neal et al.[31] and others.[2,25,29,32,33,36]
[b]Adapted from the reports of Pearson.[25,29,32]
[c]From ICNND guide.[25]