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2 She studied hard so she should have passed the exam. We're staying in a great city - but someone 1..... The postal service isn't very reliable so they ..... decided to go out after all. (can't) ..... 5 It would have been better if you'd listened to my advice. (need) .....  
..... 2 She studied hard so she probably passed the exam. 4 Wendy didn't look very happy when I saw her; she ..... (could / worried / about) going to the dentist. Need more practice? Unused riboflavin passes out of the body in the urine. The streets were packed. (go) 2 You ..... (stay) up late last night. Lena 1 could have 2 should have 3 may have 4 must have 5 could have 6 can't have 1 I managed to mend my sunglasses so luckily I..... 4 Alison ..... a mustn't have b couldn't have c shouldn't have 6 You ..... 6 You might have introduced me to your friends! 1 I'm not sure where Jess is, but she ..... told me you'd eaten all the biscuits! I'd have got some more. 1 didn't need to get 2 didn't need to take / needn't have taken 3 didn't need to catch 4 didn't need to buy / needn't have bought 5 needn't have worried 6 needn't have walked / didn't need to walk could ..... didn't need to ..... needn't  
ought not to ..... was supposed to 1 You ..... home. left in at school a should have b may have c ought to have 4 Julie's not at home. (catch) a cab as my mum gave us a lift. I reckon there 4..... I ..... Some one ..... Where is she? Be sure to speak with your healthcare provider before adding a riboflavin supplement to your daily routine.Side EffectsBecause vitamin B2 is natural and water-soluble, it doesn't remain in the body if it is not immediately needed. See all the modal verbs exercises here. (buy) a ticket - I had a spare one. 4 John can't be in Rome - I saw him earlier. The festival was great! According to the local paper, this 3..... been about 30,000 people there. Additionally, a long-term riboflavin deficiency can lead to anemia.Daily Dosage RecommendationsThe recommended daily dosages for riboflavin vary based on both age and sex. got dressed up. We're delving into just why this vitamin is so important to one's health.What Does Vitamin B2 Do?We all need vitamin B2, or riboflavin, to keep our bodies functioning properly. He's away on holiday. (might) ..... 1 Lunch was provided so they didn't need to take sandwiches. When high amounts of vitamin B2 are consumed, the urine may become a yellow-orange color. so much on clothes last weekend. (might) .....  
..... 4 John isn't in Rome - I saw him earlier. English Exercises > modals exercises Type the correct modal verb into the box. (get) a new pair. 6 You ..... She ..... 5 I ..... 2 It was sunny so we ..... be here half an hour ago. have told Jenny about Luca's party. Otherwise, no side effects have been linked with excess riboflavin intake - nor has the Food and Nutrition Board established an upper limit for riboflavin intake. Some medications can affect how your body reacts to, absorbs, or breaks down any riboflavin you consume. 3 You ..... (ought / have / gone) swimming if you have a cold. her. (worry) about the test - when I saw the paper I realised I knew all the answers. Ensuring that you get enough vitamin B2 in your diet may help slow down memory loss as you age.Finally, riboflavin has also been linked to healthy reproductive functioning, so if you're planning to start a family soon, you may want to speak to a healthcare provider to ensure you are getting an adequate amount of vitamin B2 in your diet.Food Sources of Vitamin B2Like many vitamins and minerals, riboflavin occurs naturally in some foods. Because meat and dairy products provide most of our riboflavin intake, vegans and vegetarians who avoid dairy products might need to take a supplement. Those who are pregnant or breastfeeding might also decide to take a supplement to meet the additional needs of the fetus or infant. So, if your diet is lacking in riboflavin, you may want to try adding in some of these fortified options. Photo Courtesy: Janos Mladonyczki/EyeEm/Getty Images Studies have found that riboflavin can be destroyed by light, so if you store your food in a glass container, it may no longer contain the full health benefits of vitamin B2. To ensure the highest level of riboflavin, store your foods (especially those mentioned above) in opaque containers and keep them well away from any light source. told us that there was going to be a festival here yesterday! Perhaps we 2..... He didn't want her to know about it. 2 Tanya ..... She wasn't feeling well earlier on. 1 needn't 2 was supposed to 3 ought not to 4 could 5 didn't need to 1 Lunch was provided so it wasn't necessary for them to take sandwiches. can couldn't have to might must ought to shouldn't was able Writing Argumentative Essays Articles Letters and Emails More Links English News Articles Privacy Policy Photo Courtesy: Ask Media Group via Wikimedia Commons Unlike vitamins A, D and C, "vitamin B" is actually a group of different vitamins, each of which has its own characteristics, function and side effects. However, if a vitamin B2 deficiency does occur, symptoms like a sore throat; mouth or lip sores; hair loss; and/or skin disorders may result. arrived here by now. (see) 3 On, no! Tanya knows about the surprise party. 6 Last night ..... (must / been / cold) - the lake's frozen. Mind you, some of the people 6..... been the biggest crowd they'd ever had. But, for starters, riboflavin, along with other B vitamins, is found in a wide range of foods, including:Lean beef, pork, and organ meats (kidney and liver)EggsNuts and legumesMilk and other dairy productsGreen leafy vegetablesMushroomsMany breads, cereals and pastas are fortified with extra riboflavin, and some enriched flours have higher levels of vitamin B2. have reminded me to do the homework - I did it last night. (delay) 7 I'm not sure why they didn't come. For women, the recommendation is 1 mg/day from ages 14 to 18, and then 1.1 mg/day from the age of 19 on. Riboflavin also helps keep your nervous system and immune system working properly. a may have b must have c might have 1 Someone ..... (might / told / me) there was a hole in my jumper! 2 Sandra ..... (supposed / be / here) by now. Vitamin B2, more commonly known as riboflavin, is one such group. If you are supplementing your intake, keep in mind that the recommended daily allowance for riboflavin is 1.1 mg for women and 1.3 mg for men. (spend) 1 might have gone 2 can't have seen 3 must have told 4 should have got 5 shouldn't have stayed 6 must have been delayed 7 might not have received 8 shouldn't have spent Index of contents Video: modal verbs Review how to use these past modal verbs here. Get more Perfect English Grammar with our courses. 1 I can't get this tablet to work; I ..... (take) an umbrella. From the age of 14, men should consume about 1.3 mg/day, promised to help Ed if you didn't have time. Here's your answer!)If you eat a varied and healthy diet of lean meats, plenty of vegetables, nuts, legumes, and low-fat dairy products, you probably won't need to take a riboflavin supplement. Additionally, riboflavin includes important components that help our bodies use other B vitamins efficiently.Photo Courtesy: The Good Brigade/DigitalVision/Getty Images That's not all that riboflavin does for your body, however. From seven months to 12 months, that amount should increase to 0.4 mg/day. a taxi to the station instead of walking. I'll see you in a couple of weeks. Riboflavin is involved in the production of our DNA, and works to support our important nerve and blood cells. So, what are riboflavin's properties and uses? Dave at the football match. A drug called probenecid, which is used to treat gout, can increase the amount of riboflavin in your body, while certain medications taken by folks with depression can decrease riboflavin levels. ask for directions. 6 She should definitely be here by now. From the ages of one to three years old, children should consume about 0.5 mg of vitamin B2 a day; from ages four to eight, about 0.6 mg/day; and from ages nine to 13, about 0.9 mg/day.Once children reach the age of 14, their recommended dosages vary based on sex. a was supposed to have b must have c ought to have 5 You ..... 5 You ought to have listened to my advice. (ought) ..... 6 Why didn't you introduce me to your friends? realised something was happening, because a lot of the hotels were full. 4 Someone ..... (walk) the dog; we walked it this morning. As always, consult with your health care provider(s) before making any changes to your diet.Deficiency SymptomsBecause of its abundance in common foods, riboflavin deficiency is very rare in the United States. the invitation. 1 might have told me 2 is / was supposed to be here 3 oughtn't / ought not to have gone 4 could have been / could be worried about 5 can't have gone to the 6 must have been (very) cold To: artur@email.com Hi Artur Well, we're still enjoying our trip to England. been very comfortable as some of the costumes looked really hot! I bought you a souvenir. (tell) 4 I've missed my train. read the instructions properly. And, when all else fails, it can be taken as a dietary supplement. I wonder where she is. It is also involved in the necessary breakdown of fats and certain medications. (get) 5 It's been really hard to concentrate today. 5 The fridge is empty; Mum ..... (can't / been / the) shops yet. There was a fancy dress parade. too; if we'd known, we 5..... (should) ..... 3 I think he's foreign so it's possible he didn't understand you. Her plane ..... Download this exercise in PDF here. (not receive) 8 There's no money in my bank account. By consuming riboflavin regularly, you can maintain healthy hair and skin - and contribute to the health of your eyes and liver. Moreover, one of the more unique functions of riboflavin is that it combats some of the effects of aging, particularly memory loss. have warned me that the band's new album was so awful! 5 They knew the way so they ..... 3 I think he's foreign so he might not have understood you. (Ever wonder why your milk comes in an opaque jug instead of a glass milk bottle? 3 We ..... a should have b could have c may have 3 I can't find my phone anywhere. a oughtn't to have b can't have c shouldn't have 2 I ordered the DVD a week ago so it ..... Supplements of B2 or B vitamin complex generally provide 1.3 mg/day, thus ensuring that 100% of the daily requirement is met.Resource Links: MORE FROM SYMPTOMFIND.COM . From birth to the age of six months, infants should get about 0.3 mg of riboflavin per day. In other cases, vitamin B2 is added to certain products.

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