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Bone Health

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| **Across****3.**  This mineral can activate and deactivate enzymes**6.** A diet deficient in calcium can affect \_\_\_\_\_\_\_ \_\_\_\_\_\_\_.**10.** That is also mostly found in whom?**11.** Osteomalacia affects whom?**12.** Osteoporosis is mainly found in whom?**18.** Is believed to be held accountable for the reduction in bone \_\_\_\_\_\_\_\_\_ density**20.** Name a Nutrient that aids in muscle contraction, hormone secretion, and regulates blood pressure.**22.** Lacking in Vitamin D usually leads to a deficiency in what?**23.** If calcium levels in blood are too high the release of a hormone called **25.** necessary for generation of\_\_\_\_\_\_\_\_\_ from carbs, fat and protein; sometimes it stabilizes \_\_\_\_\_\_\_\_ and sometimes it directly activates enzymes**27.** Severe elevations in calcium can cause a person to be in\_\_\_\_\_\_\_ or even death.**28.** name an organ that participates in the activation of vitamin D?**29.**  When bones are poorly mineralized it is called**30.** Vitamin D3 is to plants as Vitamin D2 is to | **Down****1.** Besides calcium name another nutrient that vitamin D helps during bone growth?**2.** Assists in regulating calcium homeostasis**4.**  when young children consume too much \_\_\_\_\_\_\_\_\_\_ and extra teeth grow under the gums**5.** is phosphorus a vitamin**7.** phosphorus aids alongside with calcium in the formation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ crystal which give bone it strong and harden qualities**8.** only about \_\_\_\_\_ of the Mg consumed is absorbed and as you increase consumption**9.** magnesium is Important in maintaining \_\_\_\_\_\_\_\_\_\_ potentials across cell membranes and efficient functioning of all nerves and muscles dividing cells, needed in DNA and RNA synthesis**13.** Develops tooth \_\_\_\_\_\_\_  resistance to decay-causing acid.**14.** According to current research, this vitamin may prove to be important to maintaining overall bone health.**15.** Loss of calcium in bones is also known as**16.** When bones do not calcify that is called?**17.** Is rare in general population, more likely to occur in those experiencing alcoholism, kidney disease,\_\_\_\_\_\_\_\_\_\_\_\_\_, gastrointestinal disease**19.** A(n) \_\_\_\_\_\_\_\_\_\_\_ amount of calcium intake will increase the likelihood of developing kidney and an elevation of blood calcium**21.**  Name on source of vitamin D that has no toxic effect?**24.** An \_\_\_\_\_\_\_\_\_\_ intake of Vitamin K has not been established because there are no documented side effects.**26.** If calcium in the blood is too low the stimulation of a hormone called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ causes Calcium to be released from the bone causing an increase in blood calcium levels. |