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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. |