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Chapter 9 Nutrition Vitamins and Minerals

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| **Across**  **3.** Enables the body to properly absorb calcium  **4.** Involved in energy formation by cells  **6.** Protects the immune system  **9.** necessary for blood coagulation  **13.** Present in fish (B6)  **14.** Removes carbon dioxide from cells B1  **15.** Vitamins A,D,E and K  **16.** Vitamin C  **17.** Aids in formation of hemoglobin  **19.** Vitamin B12  **20.** Important to fluid balance | **Down**  **1.** Part of metabolic reactions  **2.** Works with enzymes (B2)  **5.** Also known as retinol  **7.** Vitamins B and C  **8.** Helps to stop free radicals  **10.** Inorganic materials  **11.** forming and maintaining bones  **12.** Folic acid  **18.** Present in DNA |