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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 |