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Hannah's Vitamin Crossword

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| **Across****4.** Can be found in wheat germ.**6.** An antioxidant needed for the synthesis of collagen.**10.** The RDA for Vitamin K (Phylloquinone) is \_\_\_\_\_\_mg.**11.** If deficient, what vitamin can cause night blindness?**13.** Can be found in fatty fish.**14.** Fat soluble vitamins are absorbed into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ through the small intestine.**15.** The two categories of vitamins are Water Soluble Vitamins and \_\_\_\_\_\_ Soluble Vitamins.**17.** If deficient, what vitamin can cause mental and muscle dysfunction?**19.** Involved in glucose production from lipids and amino acids.**20.** Can be found in tomatoes. | **Down****1.** What vitamin is also called ascorbic acid?**2.** \_\_\_\_\_\_\_\_\_\_ soluble vitamins are not absorbed into the body.**3.** If deficient, what vitamin can result in Pellagra?**5.** Helps to metabolize carbohydrates and amino acids.**7.** Helps synthesis blood clotting.**8.** Involved in the citric acid cycle and the production of some enzymes.**9.** Which vitamin has a RDA of 2.4mg.**12.** According to the American Journal of Clinical Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_ can keep you younger, longer. **16.** Helps prevent birth defects.**18.** There are \_\_\_\_\_\_\_\_\_\_ different vitamins. |