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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. |