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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Vitamin C

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| L | P | Z | **Y** | **V** | **R** | **U** | **C** | **S** | M | J | F | J | Q | P | S | Y | Z | I | D | J | Y | E | L |
| O | C | Y | H | I | F | S | N | R | E | K | M | M | X | M | P | X | J | D | B | W | T | W | V |
| U | Q | F | B | V | P | V | G | D | P | U | N | O | W | K | T | G | J | Z | H | J | J | A | B |
| R | D | C | Z | X | I | J | C | N | A | **S** | W | I | A | K | N | S | B | D | Y | I | D | S | B |
| E | P | P | A | Q | Y | L | I | C | C | **K** | T | D | A | S | O | Y | O | Y | Y | F | H | I | X |
| A | X | Z | W | Y | T | S | Z | G | Z | **I** | M | Y | F | M | V | C | H | H | X | F | Z | H | B |
| C | H | **B** | **O** | **N** | **E** | **S** | Q | K | N | **N** | P | D | G | X | S | U | N | V | Z | K | M | Y | G |
| U | W | G | B | E | E | V | D | D | W | H | **W** | **A** | **T** | **E** | **R** | **S** | **O** | **L** | **U** | **A** | **B** | **L** | **E** |
| N | I | G | U | S | B | S | O | O | J | V | I | B | O | B | B | S | H | T | M | **A** | O | S | F |
| Y | W | P | T | M | T | U | V | N | E | K | A | V | X | V | G | P | K | P | S | **E** | Y | L | W |
| K | J | M | W | R | Z | F | H | G | X | I | N | Q | I | A | F | J | L | A | H | **H** | C | E | J |
| S | C | O | S | N | L | W | B | U | A | D | S | L | E | **T** | E | Z | J | V | N | **R** | C | J | C |
| K | J | **C** | K | K | B | P | D | V | E | U | U | R | M | **E** | G | D | R | Q | K | **R** | I | G | J |
| Q | O | **N** | K | M | E | K | E | G | D | W | L | Z | V | **E** | W | F | M | G | Q | **A** | X | N | R |
| E | L | **I** | R | D | G | A | I | P | Y | C | D | D | Y | **T** | Z | O | Z | V | C | **I** | H | M | I |
| N | N | **M** | C | K | P | C | T | O | R | E | L | G | D | **H** | W | B | H | Z | A | **D** | E | R | W |
| E | **S** | **A** | B | O | Z | Z | G | U | W | I | F | A | I | T | X | H | M | S | B | I | K | C | M |
| A | **R** | **T** | T | W | B | E | C | P | H | Y | L | Q | M | U | V | H | E | D | A | Z | T | R | P |
| X | **E** | **I** | T | I | M | Y | J | **S** | **E** | **I** | **R** | **R** | **E** | **B** | A | Y | N | S | N | I | H | G | S |
| L | **P** | **V** | O | S | K | M | J | O | D | O | H | I | S | M | Y | F | M | B | G | R | N | B | A |
| K | **P** | N | Q | E | J | X | R | R | B | Z | G | G | P | C | E | B | G | B | I | M | E | R | C |
| V | **E** | I | B | T | E | O | V | M | Y | **D** | **E** | **P** | **R** | **E** | **S** | **S** | **I** | **O** | **N** | Z | Z | K | C |
| R | **P** | H | G | S | L | D | X | L | A | W | Y | C | **F** | **A** | **T** | **I** | **G** | **U** | **E** | Q | U | E | Y |
| L | G | F | A | **C** | **O** | **L** | **L** | **A** | **G** | **E** | **N** | **S** | **Y** | **T** | **H** | **E** | **S** | **I** | **S** | I | C | L | Y |

   depression       fatigue       collagensythesis       diarrhea       teeth       bones       skin       peppers       berries       scurvy       watersoluable       VitaminC