Vitamin Crossword

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| **Across****3.** What vitamin is needed for a healthy nervous system?**5.** What vitamin promotes normal growth and development?**7.** What vitamin helps your body use carbohydrates?**9.** What vitamin works as an antioxidant?**10.** What vitamin helps your body release energy from carbohydrates, fats, and proteins?**12.** What vitamin helps protect you from infections? **13.** What vitamin helps your body heal wounds and resist infections? | **Down****1.** What vitamin helps your body make non-essential amino acids?**2.** What vitamin helps build strong teeth and bones? **4.** What vitamin works with folate to help build red blood cells and form genetic material?**6.** What vitamin is necessary for blood to clot normally?**8.** What vitamin helps prevent birth defects? **11.** What vitamin helps turn carboyrdates into energy? |