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Vitamins & Mineral Crossword

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| **Across****2.** Vitamin K helps blood to \_\_\_\_\_\_ **5.** Zinc helps heal wounds plus form blood also helps in growth and maintenance of the bodies \_\_\_\_\_**8.** Vitamin C increases resistance to infection, maintains healthy \_\_\_\_\_\_ and gums, helps wounds heal and keeps blood vessels healthy.**10.** Vitamin E is a antioxidant helps form red \_\_\_\_ cells and muscles also protects other nutrients from damage**12.** Vitamin A is an antioxidant, promotes growth and healthy skin and \_\_\_\_\_, helps eyes adjust to darkness, and helps body resist infections**13.** Folate (folic acid) helps red blood cells, may helps protect against \_\_\_\_\_\_ disease and helps prevent birth defects.**14.** \_\_\_\_\_\_ helps in energy production, needed for healthy nervous system, helps protect against infection and helps form red blood cells.**15.** Sodium, Chloride, and Potassium help maintain the bodies balance of \_\_\_\_\_\_ and helps with muscle and nerve actions\_**18.** Vitamin (B12) helps in energy production, needed for healthy nervous system, helps build red blood cells and also helps form \_\_\_\_\_\_ material**19.** Vitamins A, C, and E act as \_\_\_\_ helping to protect the bodies cells from damage that can lead to health problems**20.** Iron helps and renew hemoglobin to carry \_\_\_\_\_\_ to cells  | **Down****1.** \_\_\_\_\_\_ vitamins include vitamins A, D, E and K in fats. both in food and your body. stores this vitamin in body fat and in the liver.**3.** Vitamin D helps build strong \_\_\_\_\_ and teeth and also enhances calcium absorption **4.**  Phosphorus \_\_\_\_\_\_ and renews bones plus teeth, helps in energy production**6.** \_\_\_\_\_\_ Helps in energy production, maintains healthy nerves, brain and muscle functions.**7.** \_\_\_\_\_ builds and renews bones plus teeth, regulates heartbeat, muscles and nerves. **9.** magnesium builds and renews bones also helps \_\_\_\_\_\_ and muscle function**11.** Niacin ( B3) is needed for a healthy \_\_\_\_\_ system. **16.** Riboflavin helps in energy production also helps the body resist \_\_\_\_ and keeps lining of nose, mouth and digestive track healthy.**17.** Floride helps prevent tooth \_\_\_\_\_\_ by strengthening teeth |