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Vitamins and Minerals

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| **Across**  **4.** deficiency may result in a compromised immune system, poor calcium absorption, and impaired function of insulin  **7.** Dehydration, low blood sugar, heart palpitations, muscle cramps, confusion, disorientation  **8.** deficiency causes anemia, headaches, dizziness, irritability, cold hands and feet  **10.** It is recommended that vegetarians take this supplement since they are not able to get it from their diet  **11.** deficiency may result in bruising or bleeding easily, heart disease, diabetes, osteoporosis  **12.** found in red meat, shellfish, and eggs  **13.** Found in organ meats, shellfish, nuts, seeds, dark green veggies  **14.** Poor bone formation and growth; rickets in children: and osteomalacia  **15.** Found in wheat germ, brewer's yeast, fish, apples, eggs, poultry | **Down**  **1.** Found in organ meats, brazil nuts, and seafood  **2.** deficiency causes dermatitis, cracks or sores at the corner of the mouth or on lips, swollen or sore throat  **3.** Deficiencies are rare because it can be produced in the intestines from food  **5.** Deficiency symptoms are brittle hair, fatigue, insomnia, poor night vision  **6.** Scurvy  **9.** hypothyroidism/goiter |

   VitaminA       VitaminD       Zinc       Iron       Chromium       Copper       VitaminK       VitaminB2       VitaminB12       VitaminC       Phosphorus       Selenium       Sodium       iodine       Biotin