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

Vitamins and Minerals

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

   chloride       sulfur       magnesium       iron       potassium       sodium       calcium       skin       bones       vision       immune system       fat soluble       water soluble       vitamin k       vitamin e       vitamin d       vitamin a       citrus       eggs       dairy       fish       vitamin c       vitamin b       scurvy