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

Vitamins and Minerals

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

   vitamin b       vitamin e       vitamin d       vitamin a       iron       magnesium       phosporus       calcium       potassium       folic acid       niacin       riboflavin       thiamine       ascorbic acid