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

Vitamins and minerals

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

   Growth       Energy       Grains       SeaFood       Meat       Vegetables       Dairy       Diet       Health       Bananas       Oranges       Niacin       Riboflavin       Folicacid       Iron       Iodine       Thiamine       Biotin       magnesium       copper       cobalt       chlorine       calcium       vitamins       Minerals