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

Vitmain c

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

   Deficiencies of Vitamin C       Vitamin C Toxicity       Nausea       Nosebleeds       Bone pain       Anemia       iron       antioxidant       Prevents bruises       scurvy       bleeding gums       mineral ascorbate       Calcium Ascorbate       Sodium Ascorbate       ascorbic acid       green peppers       cauliflower       red peppers       cabbage       spinach       broccoli       kiwi fruit       tomatoes       strawberries       sweet potatoes       Citrus fruits       vitamin