minerals and vitamins

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| O | M | M | A | U | E | P | H | N | L | I | 6 | B | P | H | O | S | P | H | O | R | O | U | S |
| F | N | B | E | Z | D | G | 6 | N | L | L | U | C | H | L | O | R | I | D | E | N | T | 6 | G |
| H | O | P | E | T | S | Z | V | R | V | N | I | A | C | I | N | T | T | P | K | K | R | A | M |
| C | E | I | I | V | 1 | N | Z | F | O | F | A | M | M | N | S | A | I | O | G | O | M | H | C |
| B | U | O | V | R | F | 1 | C | A | 1 | 1 | N | 2 | P | P | M | O | K | D | P | G | A | U | O |
| V | L | D | I | I | K | V | I | T | A | M | I | N | B | 1 | 2 | G | H | V | A | V | G | G | P |
| I | G | I | T | B | K | O | B | M | Z | V | T | Z | V | P | B | G | A | F | T | T | D | U | P |
| T | G | N | A | O | V | H | 1 | B | C | A | G | Z | I | O | E | E | K | 2 | I | V | A | L | E |
| A | 6 | E | M | F | 2 | 1 | K | 2 | A | K | P | R | T | F | O | L | A | T | E | 6 | 2 | S | R |
| M | A | 2 | I | L | C | P | M | 2 | L | G | I | L | A | R | N | A | O | V | P | C | A | U | O |
| I | F | I | N | A | 6 | C | E | V | C | I | T | F | M | F | K | H | G | I | K | Z | K | O | 2 |
| N | L | I | A | V | H | 1 | D | 2 | I | 1 | U | 6 | I | L | 2 | N | 6 | T | G | A | L | A | Z |
| C | U | P | N | I | S | K | E | C | U | R | 6 | L | N | P | R | I | 6 | A | B | 1 | K | M | S |
| L | O | 2 | Z | N | R | P | N | 1 | M | O | P | L | E | S | L | A | E | M | Z | H | U | M | O |
| P | R | H | T | 2 | 2 | O | A | M | C | T | Z | A | 2 | C | O | P | O | I | I | K | D | L | D |
| 2 | I | E | 2 | N | V | V | I | T | A | M | I | N | B | 6 | 1 | O | R | N | S | I | S | M | I |
| O | D | L | G | Z | G | O | 1 | K | K | S | N | 1 | H | L | C | T | V | D | I | A | I | A | U |
| F | E | 2 | M | M | K | V | A | 6 | I | H | C | O | B | K | N | A | 6 | S | B | 1 | H | 2 | M |
| I | E | E | P | N | H | H | I | R | O | N | V | S | L | T | T | S | G | G | Z | B | D | B | N |
| S | 1 | G | I | V | F | O | L | I | C | A | C | I | D | G | C | S | R | K | E | Z | 1 | Z | O |
| D | S | F | 1 | T | V | G | G | R | T | H | I | A | M | I | N | I | Z | F | T | L | C | 6 | U |
| U | G | Z | K | M | A | G | N | E | S | I | U | M | 6 | F | I | U | O | I | R | B | M | O | O |
| O | C | E | V | I | T | A | M | I | N | K | V | E | E | 6 | L | M | U | 2 | D | O | D | A | A |
| N | Z | Z | 6 | G | 6 | V | A | G | K | F | I | S | M | C | T | C | U | U | O | G | I | A | 6 |

   vitamin K       vitamin E       vitamin D       vitamin C       folic acid       folate       vitamin B12       vitamin B6       niacin       riboflavin       thiamin       vitamin A       fluoride       zinc       copper       iodine       iron       potassium       chloride       sodium       phosphorous       magnesium       calcium