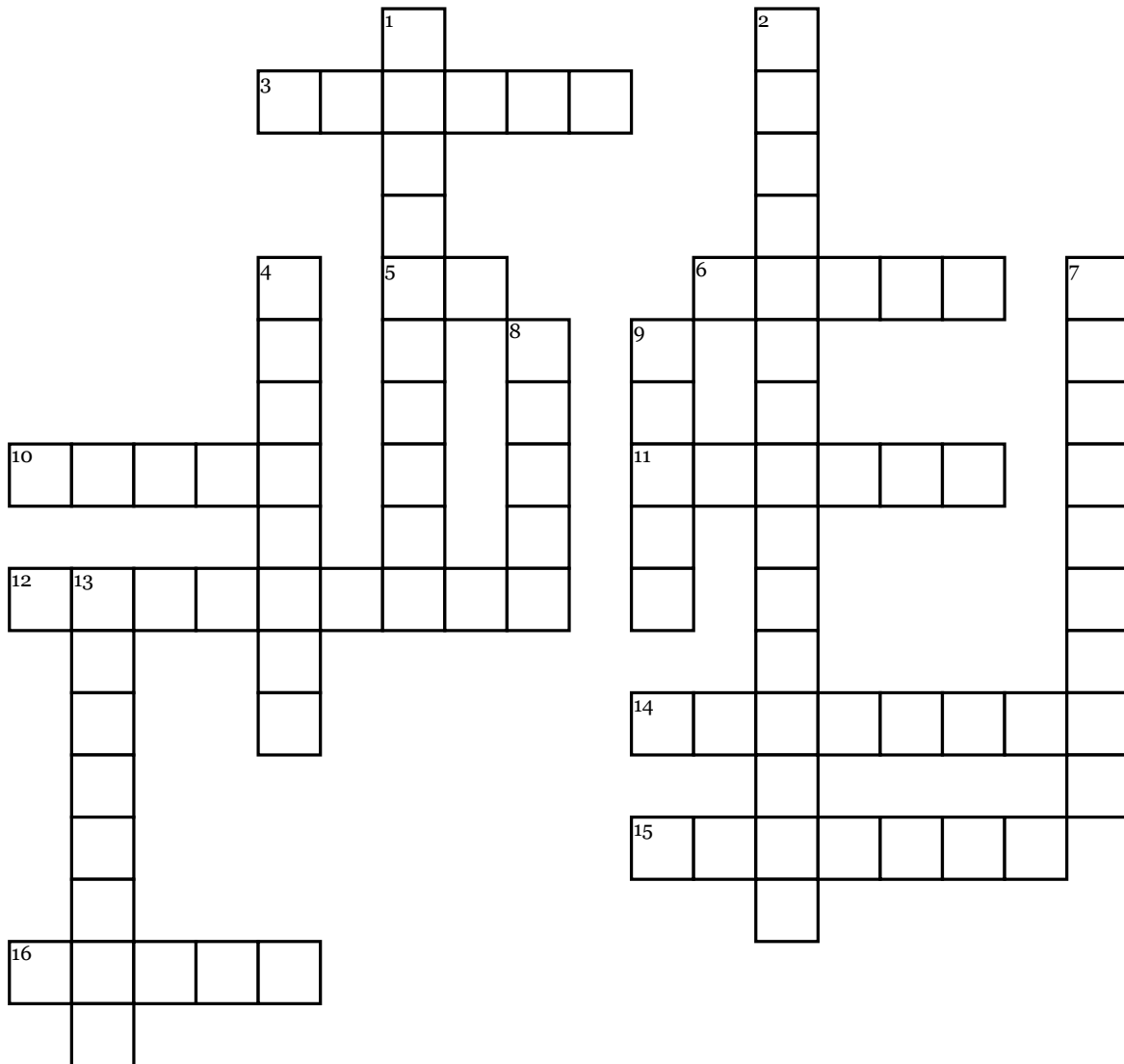


# B12



**Across**

- 3. B12 is an important co-factor in the formation of \_\_\_\_\_ necessary for proper neuron function
- 5. Vitamin B12 \_\_\_\_\_ a Water Soluble Vitamin.
- 6. The body can store excess B12 in the \_\_\_\_\_ for up to one year.
- 10. Women and men have \_\_\_\_\_ DRIs of Vitamin B12 until age 14.
- 11. B12 is only found naturally in \_\_\_\_\_ products, including fish, red meat, eggs, milk, and poultry.
- 12. In order for B12 to be absorbed into the bloodstream, it must bind with a glycoprotein called \_\_\_\_\_ Factor.

- 14. Women who become pregnant or decide to breastfeed are advised to \_\_\_\_\_ their intake of vitamin B12.
  - 15. B12 is released from its protein source in the \_\_\_\_\_ by hydrochloric Acid.
  - 16. Vitamin B12 is one of \_\_\_\_\_ B vitamins
- Down**
- 1. What type of Anemia is caused by a deficiency of Vitamin B12?
  - 2. A Lack of \_\_\_\_\_ can result in insufficient absorption of Vitamin B12.
  - 4. This can occur all over the body in response to a B12 allergic reaction.

- 7. \_\_\_\_\_ Can interfere or interact with B12 in the body and even lower the levels in some cases.
- 8. Vitamin B12 works with \_\_\_\_\_ Acid to assist with red blood cell production and iron absorption.
- 9. There is evidence that Vitamin B12 may be a factor in the prevention of \_\_\_\_\_ Disease because it helps to reduce the levels of homocysteine in the blood
- 13. Type of Toxicity that occurs when B12 levels over-accumulate in the body?