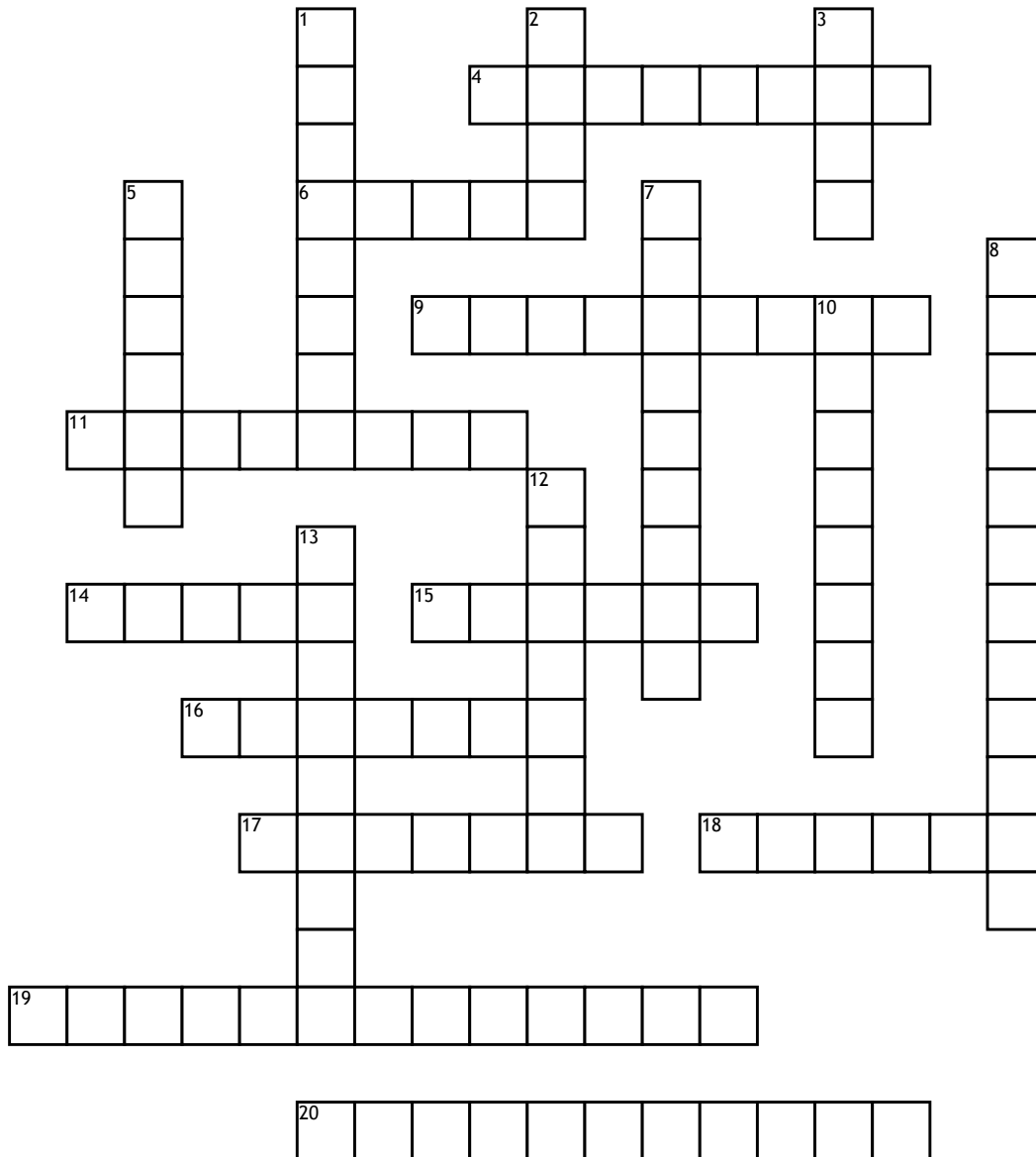


Healthy Essentials overview



Across

4. Which Bee sourced products protect the body from pathogens?

6. Flavanoid found in citrus fruit which supports blood vessel walls

9. Red flag condition which causes a clouding of the eye leading to decreased vision

11. Which antioxidant mineral has a synergistic relationship with vitamin E?

14. Vegan source of DHA

15. The protein in dairy foods which can break down oxalate bonds

16. The form of vitamin A which can be toxic if taken in high doses?

17. What is the enzyme found in saliva which breaks down carbohydrates?

18. Which amino acid suppresses the herpes virus?

19. Licenced herbal product for menstrual cramps?

20. Which fibre product, found in boom bod, can aid weight loss and reduce cholesterol?

Down

1. How many none essential amino acids are there?

2. Women require larger amounts of this mineral than men do

3. How many calories per gram do fats provide?

5. Which micro mineral, found in Tan Tablets, aids skin tone and has an antioxidant effect?

7. Which hormone acidophilus does acid make in the gut?

8. What type of fat are all Holland and Barrett products free from?

10. Which B vitamin acts as an insect repellent?

12. Where in the body is 95% of creatine stored?

13. The most abundant amino acid in the human body