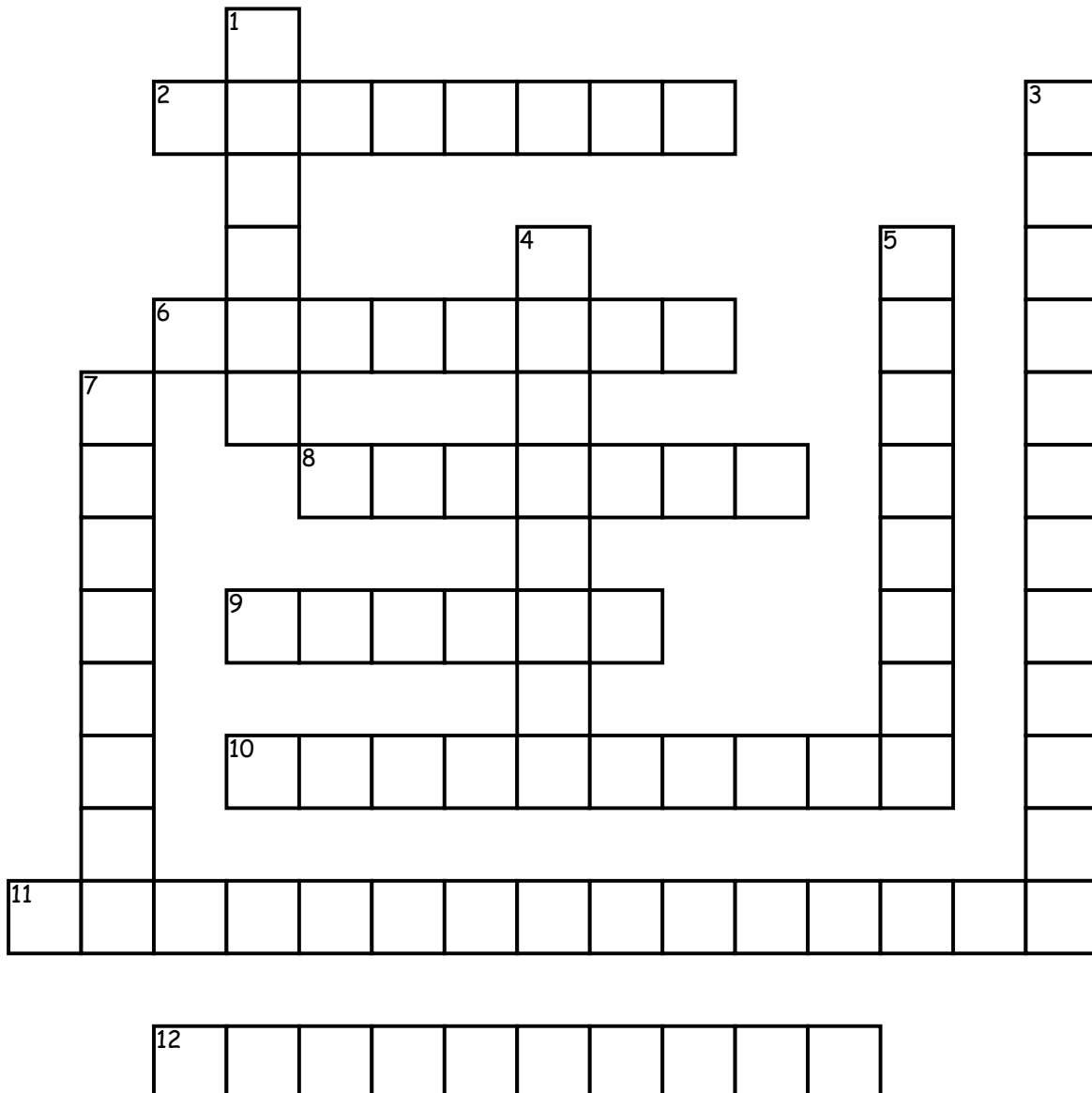


Vitamin Crossword



Across

2. prevents destruction of red blood cells

6. Slows the clotting of blood

8. Anemia and diarrhea deficiency

9. Sources include red meats, organ meats, fish, enriched bread and cereals

10. Helps with an anemia and dermatitis deficiency

11. Whole grain cereals, liver, green vegetables, eggs and nuts

12. Assists with nerve cell function, healthy appetite and release of energy from carbs

Down

1. Helps with hair loss and skin disorders

3. Comes from citrus fruits, melons, green vegetables, and potatoes

4. sources include fish-liver oils, live, egg yolk, salmon, and tuna

5. This vitamin assists with inflamed nerves, muscle weakness and heart problems

7. maintains healthy eyes