

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Vitamin b

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

Sunflower seeds

Water soluble

Heart disease

Deficiency

Pyridoxine

Folic acid

Chickpeas

Serotonin

Diabetes

VitaminB

Vitamin

Avocado

Poultry

Folate

Bread

Eggs

Pork

Fish