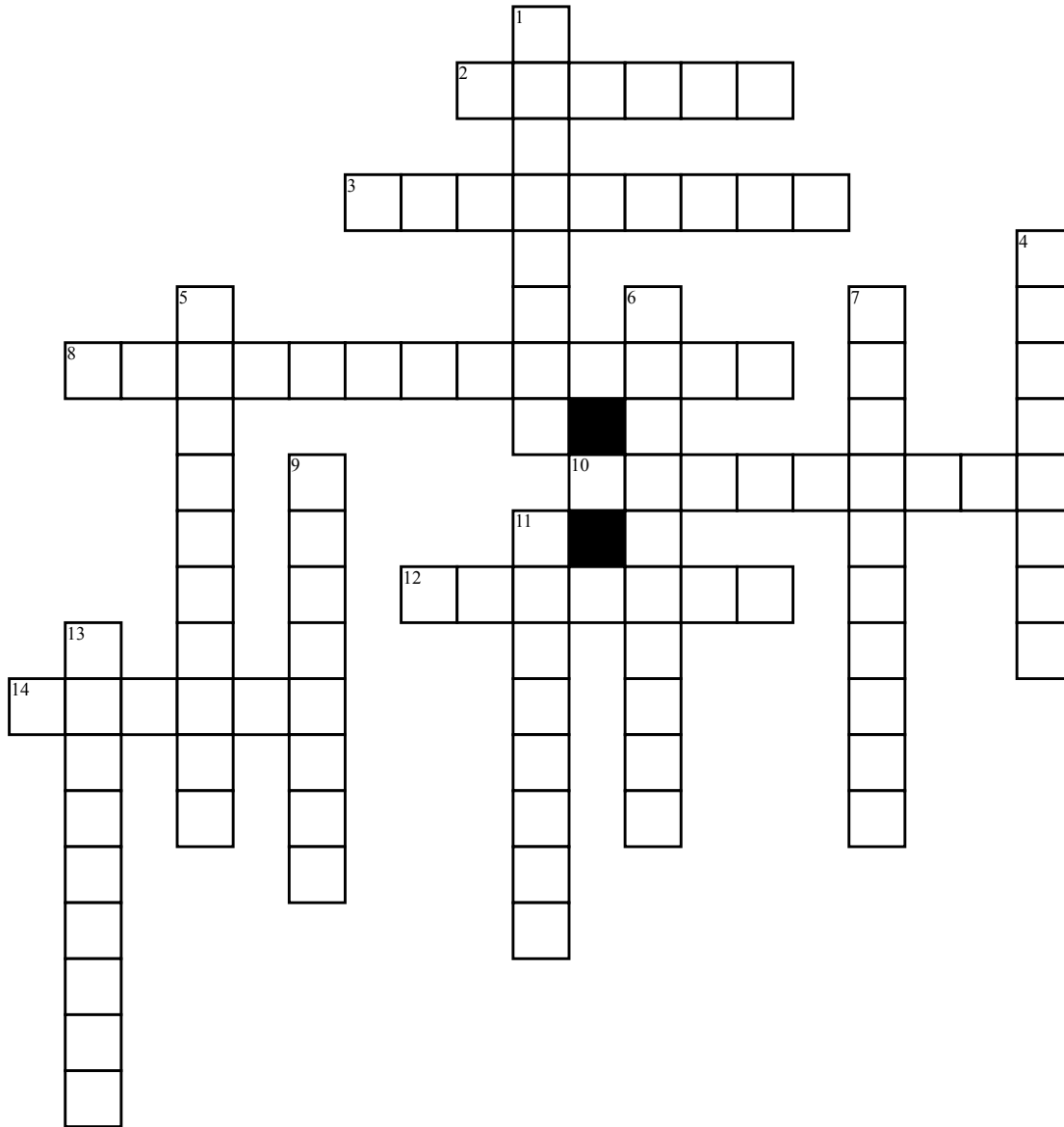


Name: _____

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Vitamins and Minerals



Across

- 2. B Complex
- 3. Required for energy use, water balance and muscular movement
- 8. Vitamin P
- 10. Required for energy release and protein synthesis
- 12. A mineral that is important in forming and maintaining teeth

- 14. Moves carbon dioxide, regulates water levels and transports minerals through cell membranes

Down

- 1. Ascorbic Acid
- 4. Lacking this vitamins may contribute to developing osteoporosis
- 5. Vitamin B12

- 6. Also known as Pantothenic Acid
- 7. Present in DNA and is involved in energy release
- 9. Tocopherol
- 11. A trace mineral needed for healthy teeth and bone formation
- 13. Involved in processing amino acids and in transporting certain molecules