

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

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

# Vitamins and Minerals

1. Positively charged extracellular electrolyte **F**
  2. Important for bone formation and a primary compound in ATP **J**
  3. Deficiency can lead to Beriberi **D**
  4. Vitamin deficiency that causes ariboflavinosis **I**
  5. Deficiency found in corn based diets causing Pellagra **B**
  6. Reduces risk of CVD by converting a.a. Homocysteine to Cysteine **M**
  7. Too much of this vitamin can mask a simultaneous B12 deficiency **E**
  8. Deficiency is seen in people who consume high amounts of egg whites over long period **A**
  9. Synthesis of thyroid hormone **G**
  10. Intrinsic factor aids in absorption in the small intestine **H**
  11. Water-soluble vitamin-like nutrient **C**
  12. Negatively charged extracellular electrolyte **L**
  13. Hyperkalemia alters normal rhythms of the heart **K**
- A. Biotin
  - B. Niacin (Vitamin B3)
  - C. Choline
  - D. Thiamine (Vitamin B1)
  - E. Folate
  - F. Sodium
  - G. Iodine
  - H. Vitamin B12 (Cobalamine)
  - I. Riboflavin
  - J. Phosphorus
  - K. Potassium
  - L. Chloride
  - M. Pyridoxine (Vitamin B6)