

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

# Vitamins and Minerals

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