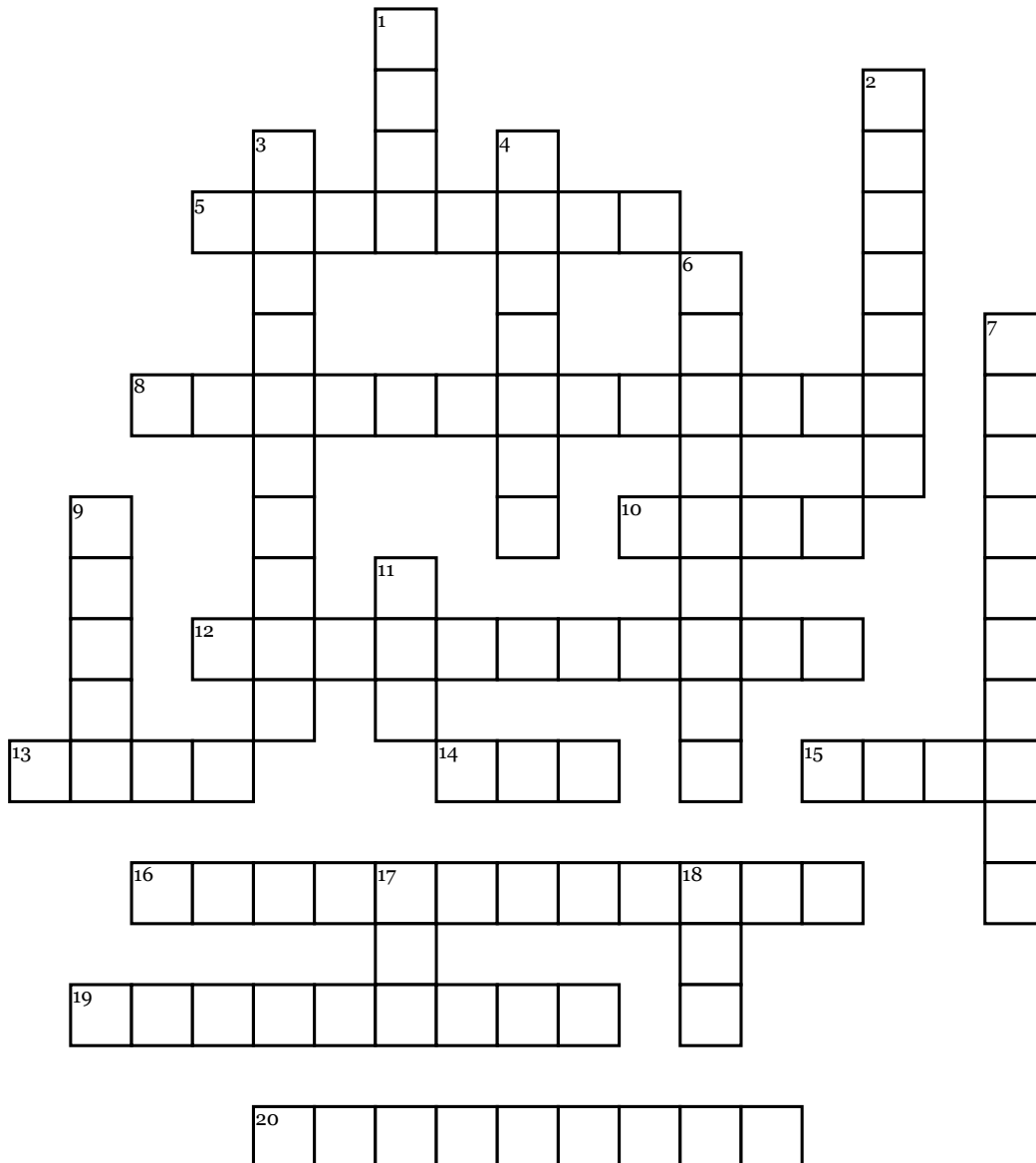


# Vitamins and Nutritional Supplements



## **Across**

**5.** These are elements necessary for body functions

**8.** One myth about ... is that they increase overall health.

**10.** These are nutritive substances that provide vitamins and minerals.

**12.** This type of toxicity for vit. A is can result in spontaneous abortion in the 1st trimester and near abnormalities in the fetus.

**13.** These are products shown to be effective in curing, preventing, or treating a given condition.

**14.** Irreversible neurological deficits can be a result of vitamin ... deficiency in infants.

**15.** Toxicity of Vit. E can be the cause of decreased response to ...

**16.** For dietary supplements, ... determine the safety of vitamins and minerals.

**19.** This is an important prenatal vitamin for neural tube development in a fetus.

**20.** Nutritional information for food products can be found on the ... label

## **Down**

**1.** In older adults, vitamin D and calcium play a role in ... health.

**2.** The tolerable upper intake level (UL) is the ... dose that will not likely pose health risks for most people.

**3.** A ... is required by law on supplement labels, stating that statements have not been evaluated by the FDA and the product is not intended to diagnose, treat, cure, or prevent any disease.

**4.** Vitamin D is needed to help the body absorb this substance

**6.** Vitamins are ... necessary for body functions

**7.** Definition: there is not enough of a substance in the body.

**9.** B vitamins, and Vit. C are all examples of ...-soluble vitamins

**11.** Fat-soluble vitamins are dissolved then are transported by and stored in ... cells.

**17.** This determines the safety of foods and medications.

**18.** This is the average intake needed for 97-98% of a population to be healthy.