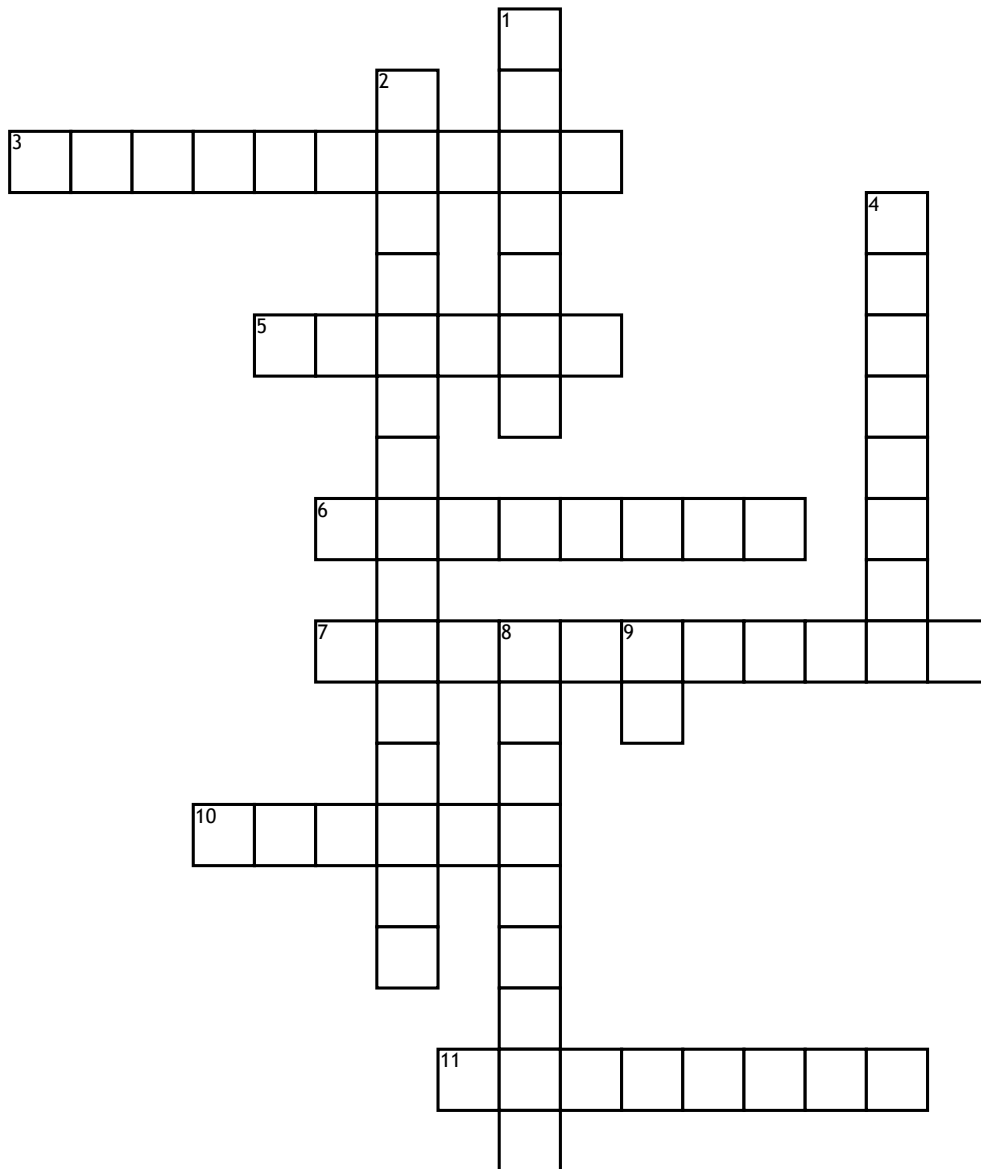


Water-Soluble Vitamins Part 1



Across

3. Part of the coenzymes FMN and FAD that accept and donate hydrogens during energy metabolism
5. Plays a critical role in energy metabolism replenishing oxaloacetate in the TCA cycle
6. Deficiency of niacin causes _____.
7. Toxicity of niacin causes _____.
10. Part of the coenzymes NAD and NADP that participates in many metabolic reactions
11. Deficiency of thiamin causes _____.

Down

1. Part of the coenzyme TPP which assists in energy metabolism
2. Is part of coenzyme A that forms acetyl CoA in many metabolic pathways
4. Organic essential nutrients needed in tiny amounts in the diet to prevent deficiency diseases and support optimal health
8. Small organic molecules closely associated with enzymes that facilitate the work of cells
9. The amino acid tryptophan can be converted to niacin in the body. 60 mg of tryptophan = 1 _____.