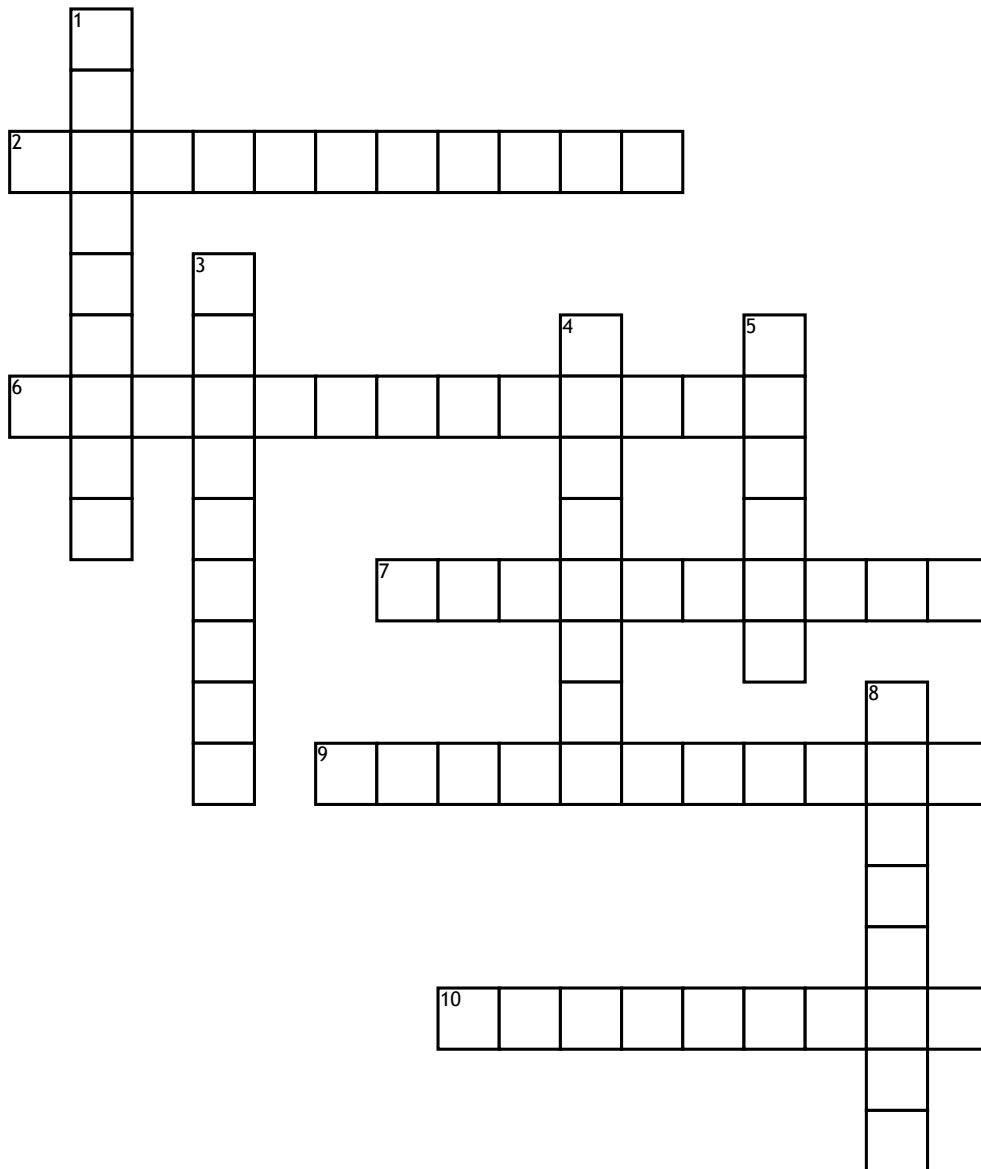


Name: _____

Date: _____

vitamins



Across

2. what fruit can vitamin c be found in
6. what does vitamin B3 help with
7. what vitamin works with vitamin B9 to make red blood cells
9. what can excessive amounts of vitamin c cause
10. what acid is important for women planning pregnancy

Down

1. what vitamin is crucial for growth and healthy babies
3. what problem can be caused from not having enough vitamin B1
4. what disease causes fatigue, depression and loss of memory
5. what diet is less likely to have enough vitamin B12
8. what protects the body from infection and allergies