

Name: _____ Date: _____

Vitamins and Minerals

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