Vitamins, minerals, and supplements for the GI tract

**Across**

2. Vitamin B12/cyanocobalamin- coverts folic acid from inactive to active form- all cells rely on this for DNA ____________.

3. The main side effect of Vitamin B12 is ____________.

5. Question clients about concurrent use with NSAIDS, heparin, and ____________ when taking ginger root.

6. MOA of black cohosh is ____________.

8. ____________ supplements are contraindicated in those with AV block or rectal bleeding, nausea, vomiting and abdominal pain

11. Echinacea stimulates the immune system and decreases ____________.

13. When evaluating effectiveness of Vitamin B12 there should be an ____________ in hematocrit, reticulocyte count, disappearance of megaloblasts

17. Educate patient about ____________ discoloration when taking iron supplements.

18. MOA: IRON: Provides iron needed for RBC development and oxygen ____________ to cells

21. Patient should take potassium with ____________ or at least 8 oz of water to minimize GI discomfort or ulcers

22. Folic acid is often used for supplement in those suffering from ____________ use disorder.

24. The oral form of iron is ____________.

25. When evaluating for effectiveness the nurse should find that pallor and fatigue should subside and the client should report increased ____________.

27. Vitamin B12 is often simply used for vitamin b12 ____________.

29. With chronic use, this med can decrease positive effects of medications for TB, HIV, and cancer

31. Echinacea is available in many forms including: dried roots, plants, extracts, and ____________

32. Garlic adverse effects include GI ____________.

33. Black Cohosh ____________ antihypertensive medication, and chances of hypoglycemia

**Down**

1. Vitamin C increases absorption of iron but increases risk of GI ____________.

4. MOA: this drug works by activating many intracellular enzymes, regulates skeletal contractibility, and blood coagulation

7. MOA of Folic Acid: essential in the production of DNA and ____________.

9. Ginger root should be used cautiously in pregnant women because it can cause uterine ____________.

10. Potassium is CONTRAINDICATED If you have severe kidney disease or bleeding, nausea, vomiting and abdominal pain

12. Supplement used for prolonged diarrhea, vomiting, excessive use of laxatives, GI fistula, and intestinal drainage

14. Ginger root is used for GI ____________ and used to treat morning sickness, motion sickness, and nausea from surgery

15. The parental form of iron is ____________.

16. ____________ works by conducting nerve impulses, maintaining electrical excitability of muscles, and regulation of acid/base balance.

19. To avoid teeth ____________, instruct patients to dilute liquid iron with water of juice, drink with a straw, and rinse mouth after swallowing.

20. When taking iron, patients should avoid caffeine and ____________ intake.

23. When giving IM injection of iron, you should use the ____________ method

26. St. Johns worth is used orally as an ____________ to relieve pain and inflammation

28. Saw palmetto has few adverse effects but can cause mild GI ____________

30. Increase in hemoglobin of 2g/dL is expected 1 ____________ after beginning iron supplement therapy.