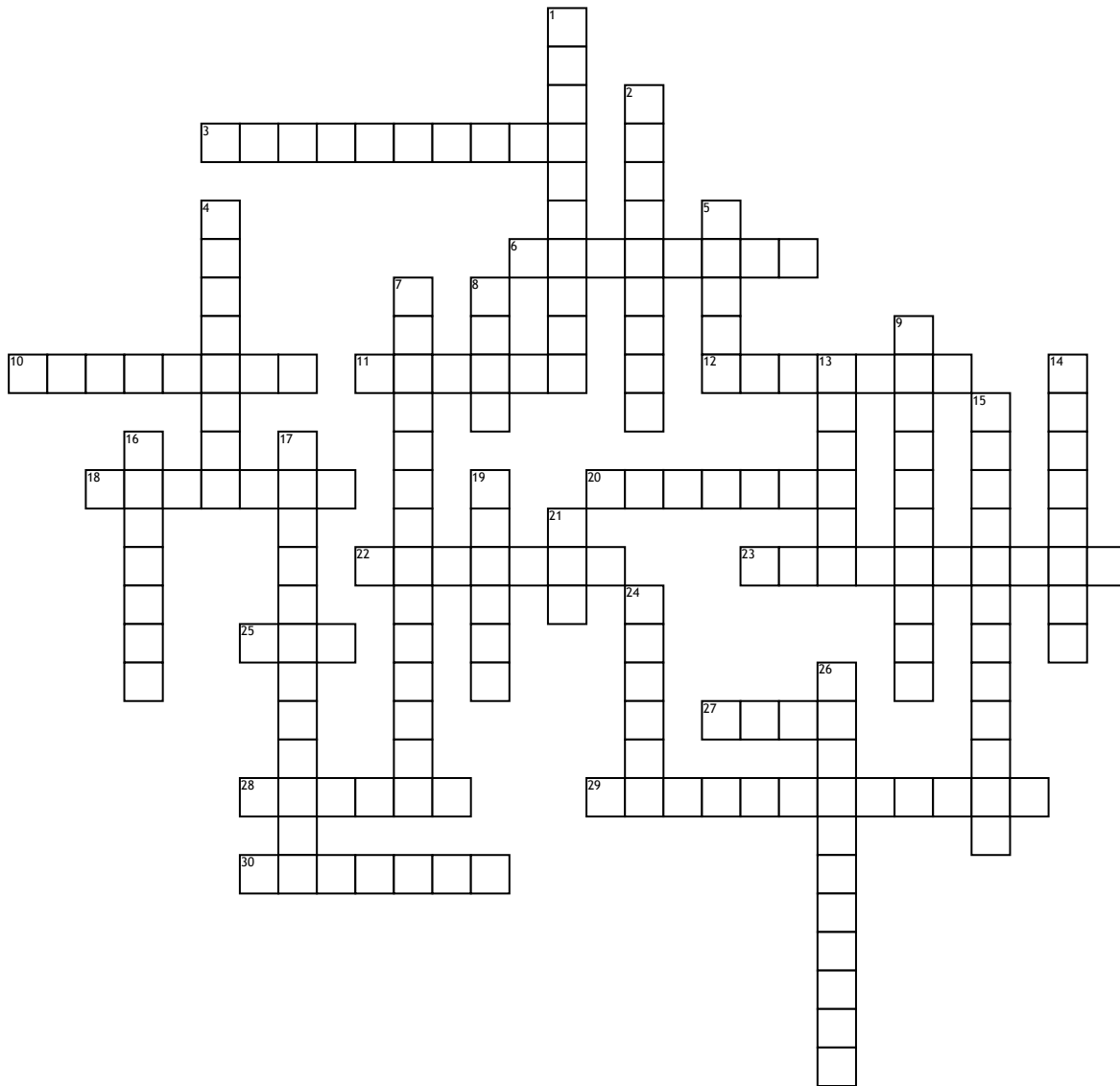


Name: \_\_\_\_\_

# Bone Health



## Across

3. This mineral can activate and deactivate enzymes
6. A diet deficient in calcium can affect \_\_\_\_\_.
10. That is also mostly found in whom?
11. Osteomalacia affects whom?
12. Osteoporosis is mainly found in whom?
18. Is believed to be held accountable for the reduction in bone \_\_\_\_\_ density
20. Name a Nutrient that aids in muscle contraction, hormone secretion, and regulates blood pressure.
22. Lacking in Vitamin D usually leads to a deficiency in what?
23. If calcium levels in blood are too high the release of a hormone called \_\_\_\_\_
25. necessary for generation of \_\_\_\_\_ from carbs, fat and protein; sometimes it stabilizes \_\_\_\_\_ and sometimes it directly activates enzymes

27. Severe elevations in calcium can cause a person to be in \_\_\_\_\_ or even death.
28. name an organ that participates in the activation of vitamin D?
29. When bones are poorly mineralized it is called \_\_\_\_\_
30. Vitamin D3 is to plants as Vitamin D2 is to \_\_\_\_\_
- Down**
1. Besides calcium name another nutrient that vitamin D helps during bone growth?
2. Assists in regulating calcium homeostasis
4. when young children consume too much \_\_\_\_\_ and extra teeth grow under the gums
5. is phosphorus a vitamin
7. phosphorus aids alongside with calcium in the formation of \_\_\_\_\_ crystal which give bone it strong and harden qualities
8. only about \_\_\_\_\_ of the Mg consumed is absorbed and as you increase consumption
9. magnesium is Important in maintaining \_\_\_\_\_ potentials across cell membranes and efficient functioning of all nerves and muscles dividing cells, needed in DNA and RNA synthesis

13. Develops tooth \_\_\_\_\_ resistance to decay-causing acid.
14. According to current research, this vitamin may prove to be important to maintaining overall bone health.
15. Loss of calcium in bones is also known as \_\_\_\_\_
16. When bones do not calcify that is called?
17. Is rare in general population, more likely to occur in those experiencing alcoholism, kidney disease, \_\_\_\_\_, gastrointestinal disease
19. A(n) \_\_\_\_\_ amount of calcium intake will increase the likelihood of developing kidney and an elevation of blood calcium
21. Name on source of vitamin D that has no toxic effect?
24. An \_\_\_\_\_ intake of Vitamin K has not been established because there are no documented side effects.
26. If calcium in the blood is too low the stimulation of a hormone called \_\_\_\_\_ causes Calcium to be released from the bone causing an increase in blood calcium levels.