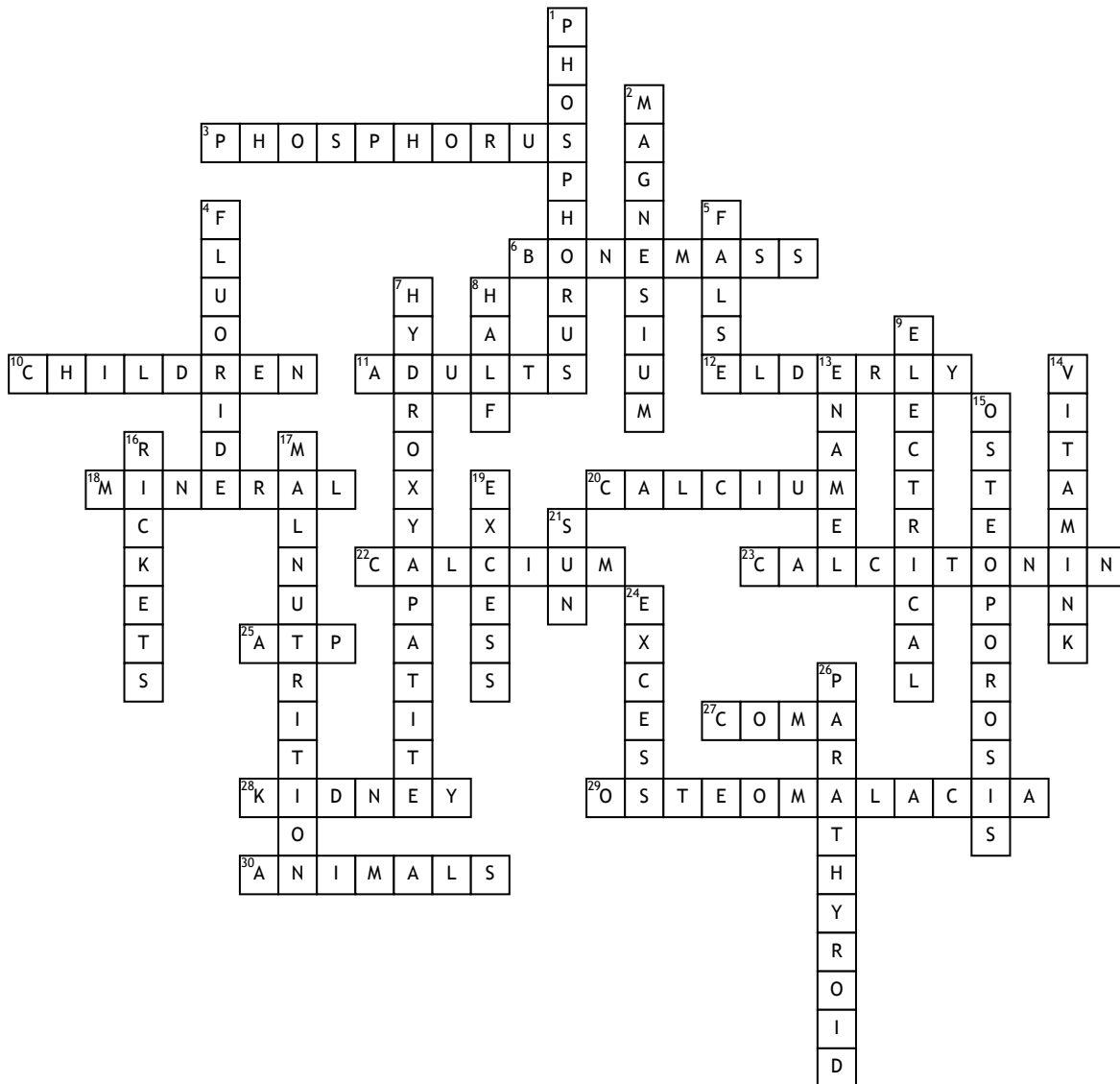


Name: _____

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 _____
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.