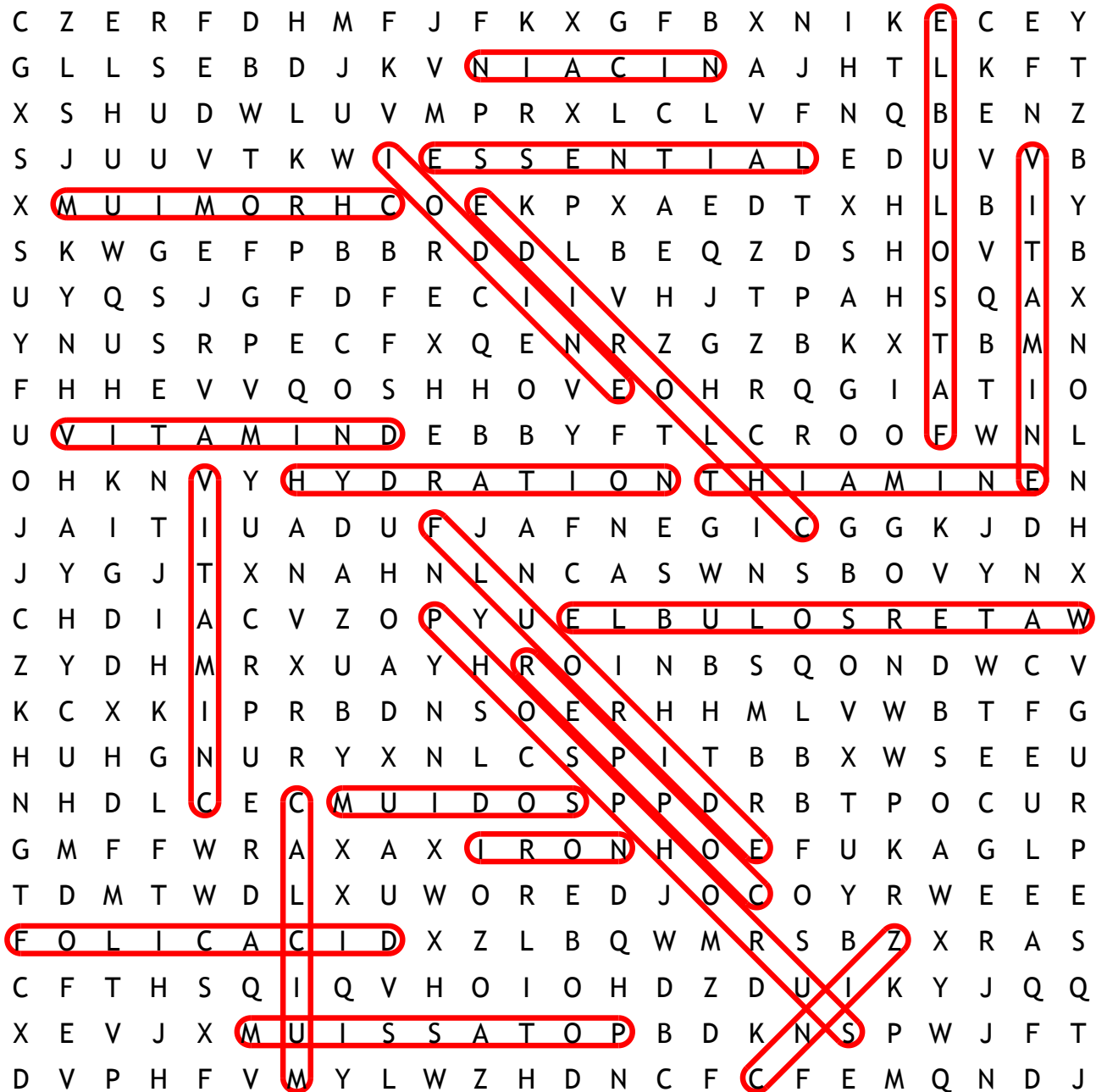


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition week 2



WaterSoluble  
Potassium  
Fluoride  
VitaminD  
Copper  
Iron

Phosphorus  
Essential  
Chloride  
VitaminC  
Sodium

FatSoluble  
FolicAcid  
VitaminE  
Calcium  
Niacin

hydration  
Chromium  
Thiamine  
Iodine  
Zinc