

Name: _____ Date: _____ Period: _____

Vitamins & Minerals

A N P Y I R O N V O A H R R V C C B D V O M H N
C P I K X K B M O X G E S R X L I K K F O L I C
V J T T C G F A V Y B L F M R A P B D V S Z Q L
A K X B O W I V I U E E A M S O E A O E G H X T
X C Q F M I V R I E Y H E I T L K A L Z C X G N
Q B Y C M W B L G M R E Q A K E L C E Z O Y A C
T N E H E Z D V M W L B S A A N S S J N C D A P
H I R R T V L K Q Z C S S X Q U P U F B I L Z A
K A X O A Q C I L Z I H G C M Z I V N P C D G A
F C S M B Q T G L U X A M U I D O S Y I R U O R
J I N I O S O A M Q R T I R V G X D U U Q Z T I
N N Q U L P E D N I M A I H T L N M F V P A Y R
Z X D M I A Z L C L S J S E H T H L S W Z E L P
J F S I S V Z S E M Y Z N E R W U U M A H D P H
C Z U S M C Y E W N A R E U R S Q X H K A I W A
O P R J A J K S J V I G D J F B G S R N A R N V
P D O A C Q I Q V B Q U N X K E N R X N S O L O
P Z H J J I A B O U N W M E E A E R L I E U S O
E Z P P T K B F I L K L D H S V D O X E N L V W
R M S N U Z L R E D C W D B V I Z J V X O F H Q
B Q O Q O A A T O E N M H D C R U T O L B Q O Y
Z P H X V D J P O C P O I F N G C M L S A M G M
N S P I H U C O U X S P B I I M L M S Y D U P H
D Q N C A R T Z M A Z A X U Z I A F V X R O V C

METABOLISM
PHOSPHORUS
RIBOFLAVIN
POTASSIUM
MAGNESIUM
SELENIUM
FLUORIDE
CHROMIUM
ASCORBIC
ENZYMES
REBUILD
MUSCLES
CALCIUM
THIAMIN
SULFUR
SODIUM
IODINE
COPPER
BIOTIN
NIACIN
BONES
FOLIC
ZINC
IRON

