Across
2. Vitamin K helps blood to ______
5. Zinc helps heal wounds plus form blood also helps in growth and maintenance of the bodies ______
8. Vitamin C increases resistance to infection, maintains healthy ______ and gums, helps wounds heal and keeps blood vessels healthy.
10. Vitamin E is an antioxidant helps form red ______ cells and muscles also protects other nutrients from damage
12. Vitamin A is an antioxidant, promotes growth and healthy skin and ______, helps eyes adjust to darkness, and helps body resist infections
13. Folate (folic acid) helps red blood cells, may helps protect against ______ disease and helps prevent birth defects.
14. ______ helps in energy production, needed for healthy nervous system, helps protect against infection and helps form red blood cells.
15. Sodium, Chloride, and Potassium help maintain the bodies balance of ______ and helps with muscle and nerve actions
18. Vitamin (B12) helps in energy production, needed for healthy nervous system, helps build red blood cells and also helps form ______ material
19. Vitamins A, C, and E act as ______ helping to protect the bodies cells from damage that can lead to health problems
20. Iron helps and renew hemoglobin to carry ______ to cells

Down
1. ______ vitamins include vitamins A, D, E and K in fats. both in food and your body. stores this vitamin in body fat and in the liver.
3. Vitamin D helps build strong ______ and teeth and also enhances calcium absorption
4. Phosphorus ______ and renews bones plus teeth, helps in energy production
6. ______ Helps in energy production, maintains healthy nerves, brain and muscle functions.
7. ______ builds and renews bones plus teeth, regulates heartbeat, muscles and nerves.
9. magnesium builds and renews bones also helps ______ and muscle function
11. Niacin (B3) is needed for a healthy ______ system.
16. Riboflavin helps in energy production also helps the body resist ______ and keeps lining of nose, mouth and digestive track healthy.
17. Floride helps prevent tooth ______ by strengthening teeth