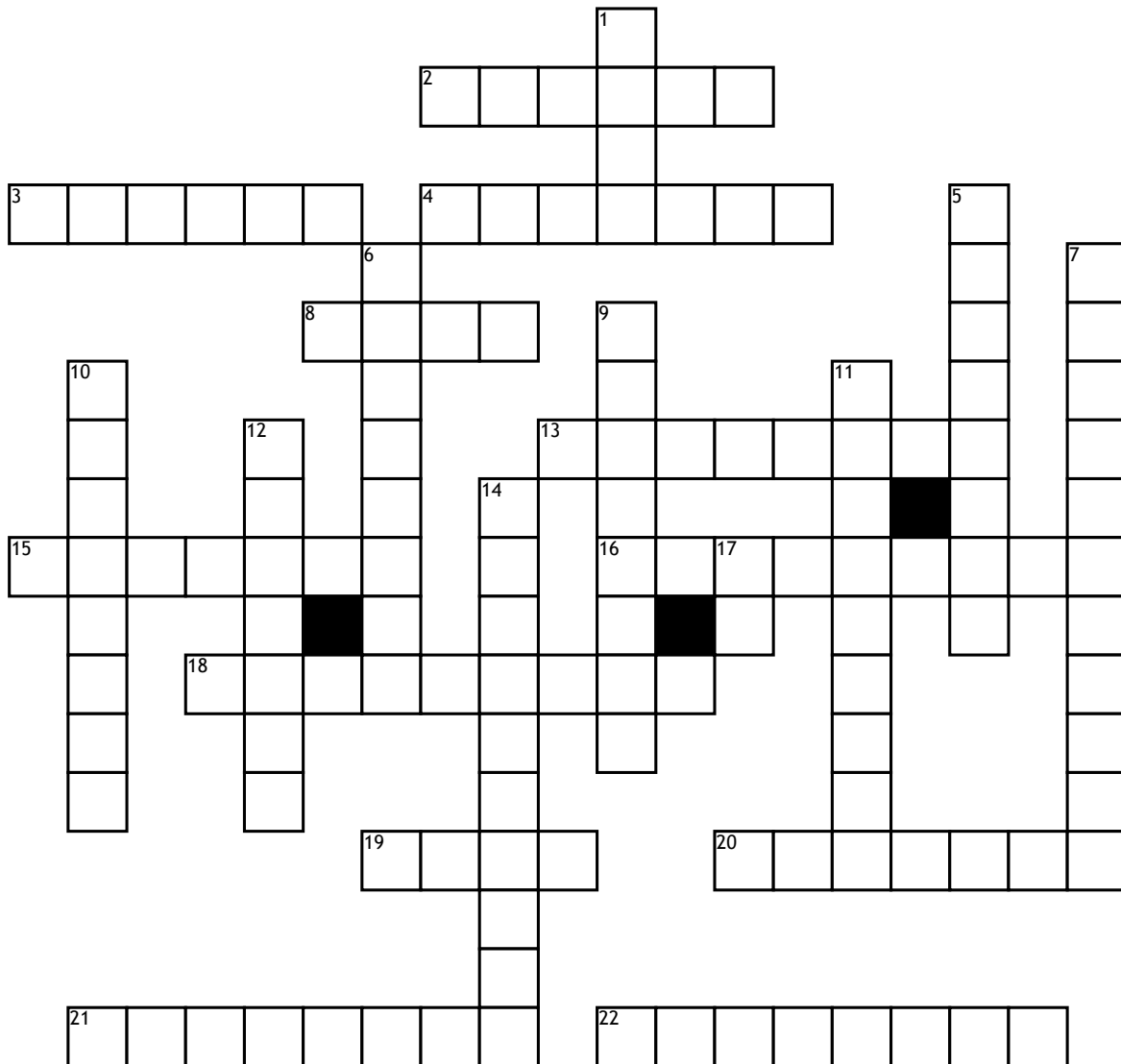


Name: \_\_\_\_\_

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

# Essential Minerals



## Across

- 2. Important for the thyroid hormone growth and development
- 3. Transports amino acids from gut into blood
- 4. Food rich in Potassium
- 8. Food rich in Zinc
- 13. Food rich in magnesium
- 15. Our bodies store 99% of this mineral in the bones and teeth
- 16. Assists B Vitamins like Biotin to strengthen the nervous system and the brain

- 18. It regulates blood glucose levels and converts sugars into energy
- 19. Carries Oxygen
- 20. Food rich in Calcium
- 21. Food rich in Phosphorus
- 22. Helps with anti-aging by forming elasticity in tissues

## Down

- 1. Needed for senses of smell and taste
- 5. Food rich in Iron
- 6. Food rich in Manganese
- 7. Food rich in Iodine
- 9. Raises HDL and lowers LDL

- 10. Food rich in Chromium
- 11. Important for growth and building muscle
- 12. Food rich in Selenium
- 14. Important for cell division, kidney function, and tooth development
- 17. Sodium Symbol