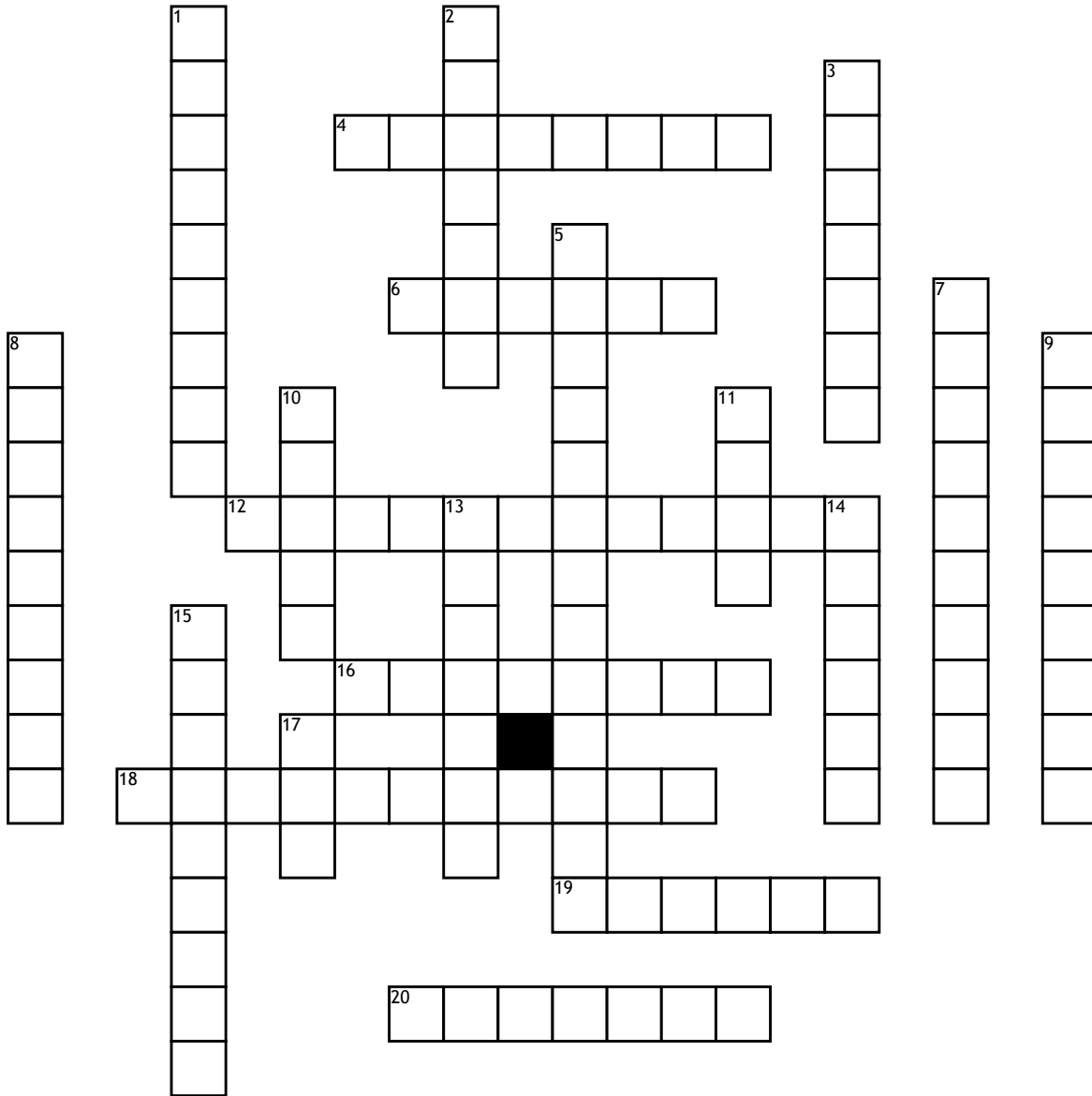


MINERALS



Across

4. Plays a key role in digestion and metabolism
6. Assists in production of RNA, DNA, melatonin, and serotonin
12. Selenium prevents certain types of cancer, heart disease, and joint _____
16. Zinc improves brain function and _____ growth
18. Germanium is an _____ that prevents AIDS, asthma, and arthritis
19. Keeps your joints flexible
20. _____ helps treat mental disorders

Down

1. Black/green tea, garlic, spinach and pineapple are all food sources of _____
2. Deficiency symptoms of _____ include brittle nails, wrinkles, thinning hair, and poor bone development
3. Iodine helps with the production of thyroxine in the _____
5. 7 minerals found in a greater abundance in the body
7. Works with calcium and supports proper kidney function
8. Bananas are one of the best food sources for _____

9. Iron assists in the formation of hemoglobin and _____
10. Calcium supports strong _____ and teeth
11. The main role of sulfur is to treat joint and _____ conditions
13. Deficiency symptoms of _____ include abnormal growth, heart muscle disorders, and skeletal disorders
14. There are no symptoms for _____ deficiency
15. pumpkin seeds are a good food source for _____
17. Obtaining this helps increase energy levels and enhance mood