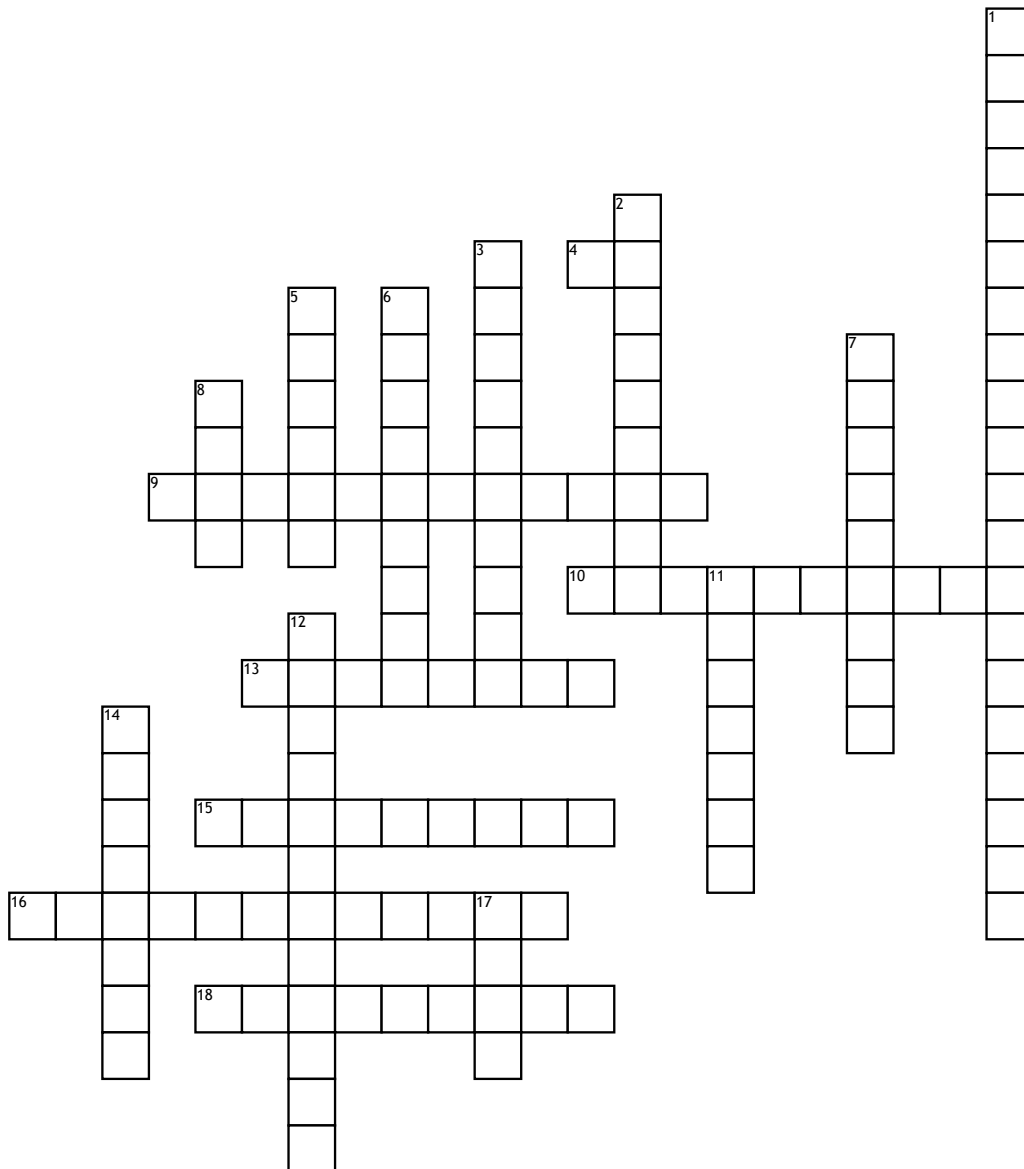


# Minerals



## Across

4. A term used to express a substance's acidity or alkalinity as measured on a scale from 0 (extreme acid) to 14 (extreme base).
9. A condition in which bones become porous and fragile due to a loss of minerals.
10. An iron-containing protein that helps red blood cells carry oxygen from the lungs to cells throughout the body and carbon dioxide from body tissues back to the lungs for excretion.
13. An inorganic element needed in small amounts as a nutrient to perform various functions in the body.
15. An iron-containing protein that carries oxygen and carbon dioxide in muscle tissue.

16. Mineral required in the diet in an amount of 100 or more milligrams per day.

18. Severe mental retardation and dwarfed physical features of an infant caused by the mother's iodine deficiency during pregnancy.

## Down

1. A condition in which the number of red blood cells declines, causing the blood to have a decreased ability to carry oxygen to body tissues.
2. A hormone produced by the thyroid gland that helps control metabolism.
3. An abnormal cessation of menstrual periods.
5. An enlargement of the thyroid gland.

6. The time in a woman's life when menstruation ends due to a decrease in production of the hormone estrogen.

7. A spotty discoloration of teeth caused by high fluoride intake.

8. A compound that has a pH greater than 7.

11. The movement of water across a semipermeable membrane to equalize the concentrations of solution on each side of the membrane.

12. Mineral required in the diet in an amount of less than 100 milligrams per day.

14. A substance that acts with enzymes to increase enzyme activity.

17. A compound that has a pH lower than 7