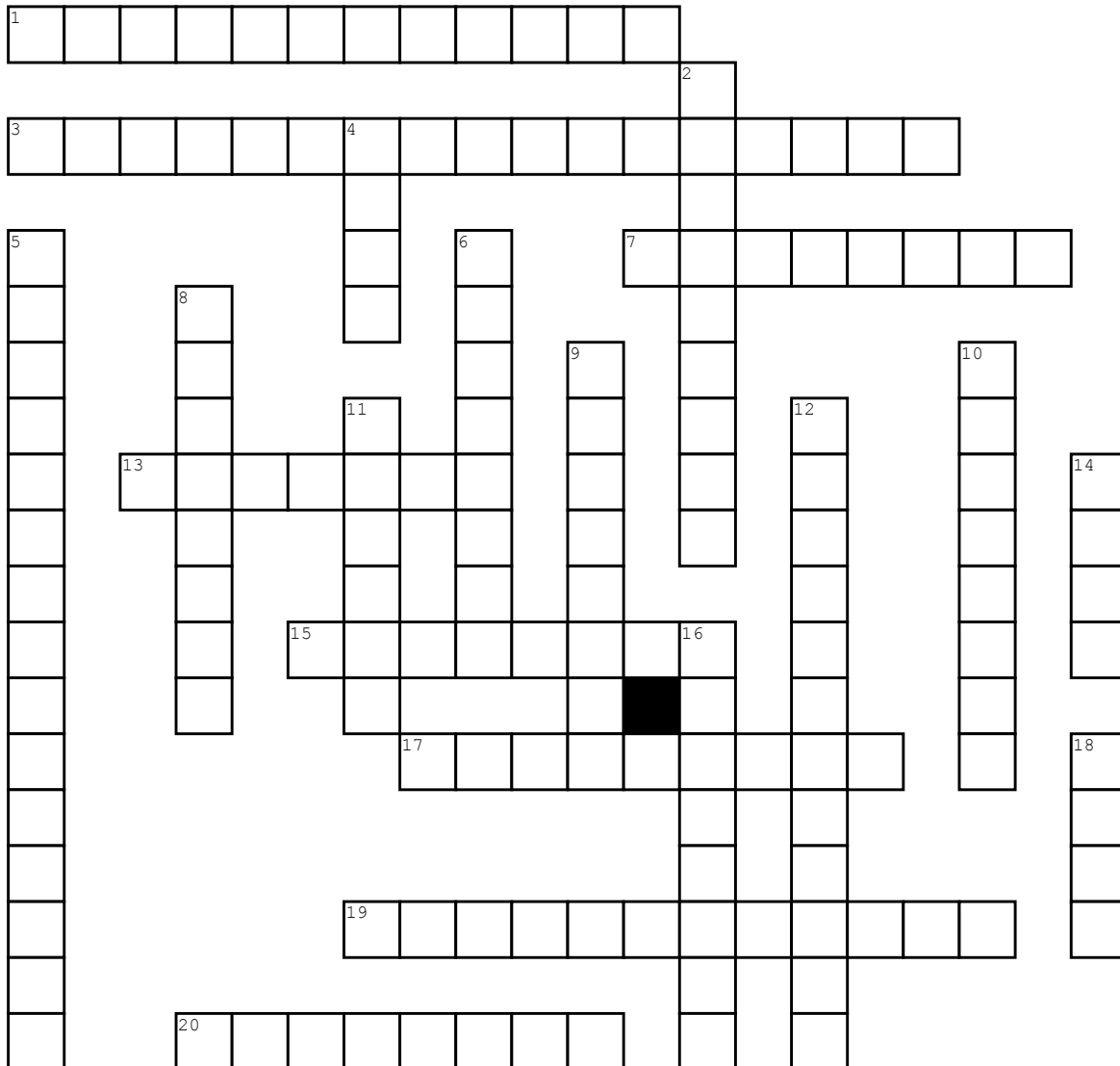


Supplements



Across

1. This supplement can either be in pill or gummy form most commonly, and some variations may include other things like minerals and/or iron
3. Some athletes believe consuming this will help prevent build up of lactic acid
7. People take this vitamin in hopes of increasing energy and preventing weight gain from water retention sometimes
13. May help teens and young adults build and maintain good bone health and reduce risk of osteoporosis
15. Can help prevent scurvy
17. Used to be popular as a weight loss aid, but was banned by the FDA in 2004
19. Compounds that seek out and neutralize free radicals

20. A nitrogenous compound in meats and fish that is synthesized by the liver, pancreas, and kidneys

Down

2. Diets with adequate _____ may reduce a woman's risk of having a child with a brain or spinal cord defect
4. May reduce delayed-onset muscle soreness if taken before exercise
5. Often used as an herbal supplement with claims that it may assist in weight loss
6. This is thought to help with improving vision and is found in high amounts in carrots
8. Good sources of this supplement can be found in foods like spinach and broccoli, and is often given to promote blood clotting
9. Naturally occurs in plants and is a stimulant

10. Many dairy foods are fortified with this to help regulate blood calcium and bone health
11. People often take various forms of this prior to working out and can cause flushing and a tingly feeling
12. Consumed by people, often with the belief it will make them leaner
14. The 4 vitamins that are not water soluble, and can cause toxicity if too many supplements are taken
16. Trace mineral that may help the movement of glucose into cells
18. Consuming this may help to prevent sports induced anemia