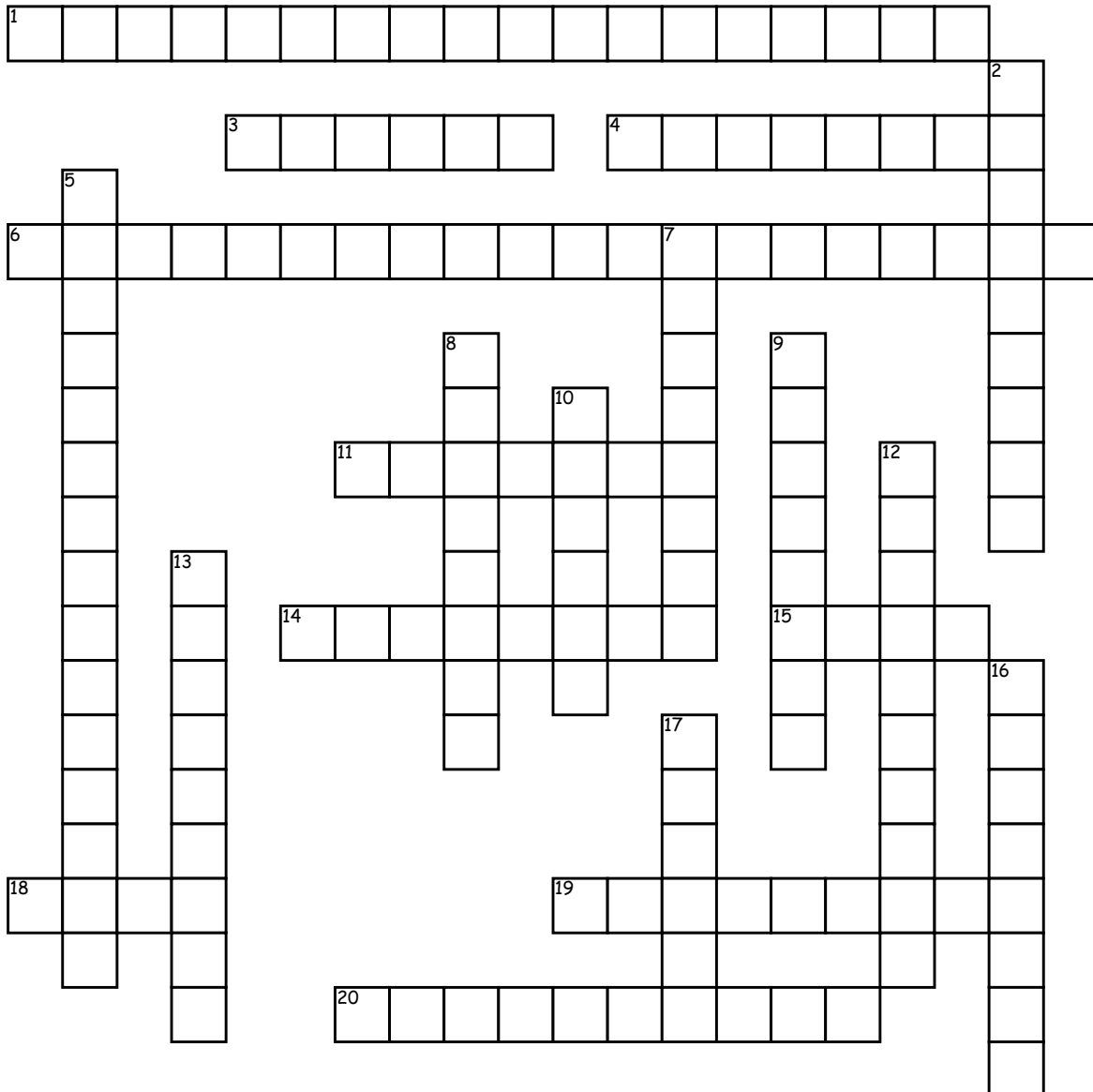


Name: _____

Supplements



Across

1. Excesses levels are stored in the liver and fat tissues

3. Normal levels are 135-145 mEq/L

4. It is essential to healthy vision

6. Absorbed with water in the small intestine and then circulate through the blood.

11. Crucial in growing new bone and maintaining bone strength.

14. Deficiency usually occurs in people with chronic alcoholism

15. Carries oxygen throughout the body

18. Acute toxicity levels (greater than 200mg/day) can cause abdominal pain, nausea, vomiting, and diarrhea

19. Normal levels are 3.5-5.0 mEq/L

20. Low levels usually causes anemia

Down

2. Normal levels are 1.5-2.5 mEq/L

5. Also known as vitamin B5

7. Excess levels may cause allergic skin reactions (inflammation or itching), blurred vision

8. Normal range is 96-106 mEq/L

9. Important role in blood clotting

10. Pellagra is the result of low levels

12. A water-soluble B vitamin that helps produce energy in all cells in your body and is critical for the metabolism of fats, carbohydrates and protein

13. Supplements needed in early pregnancy to help prevent brain and spinal birth defects in offspring.

16. Low levels can cause Ricketts

17. Thickens hair and nails