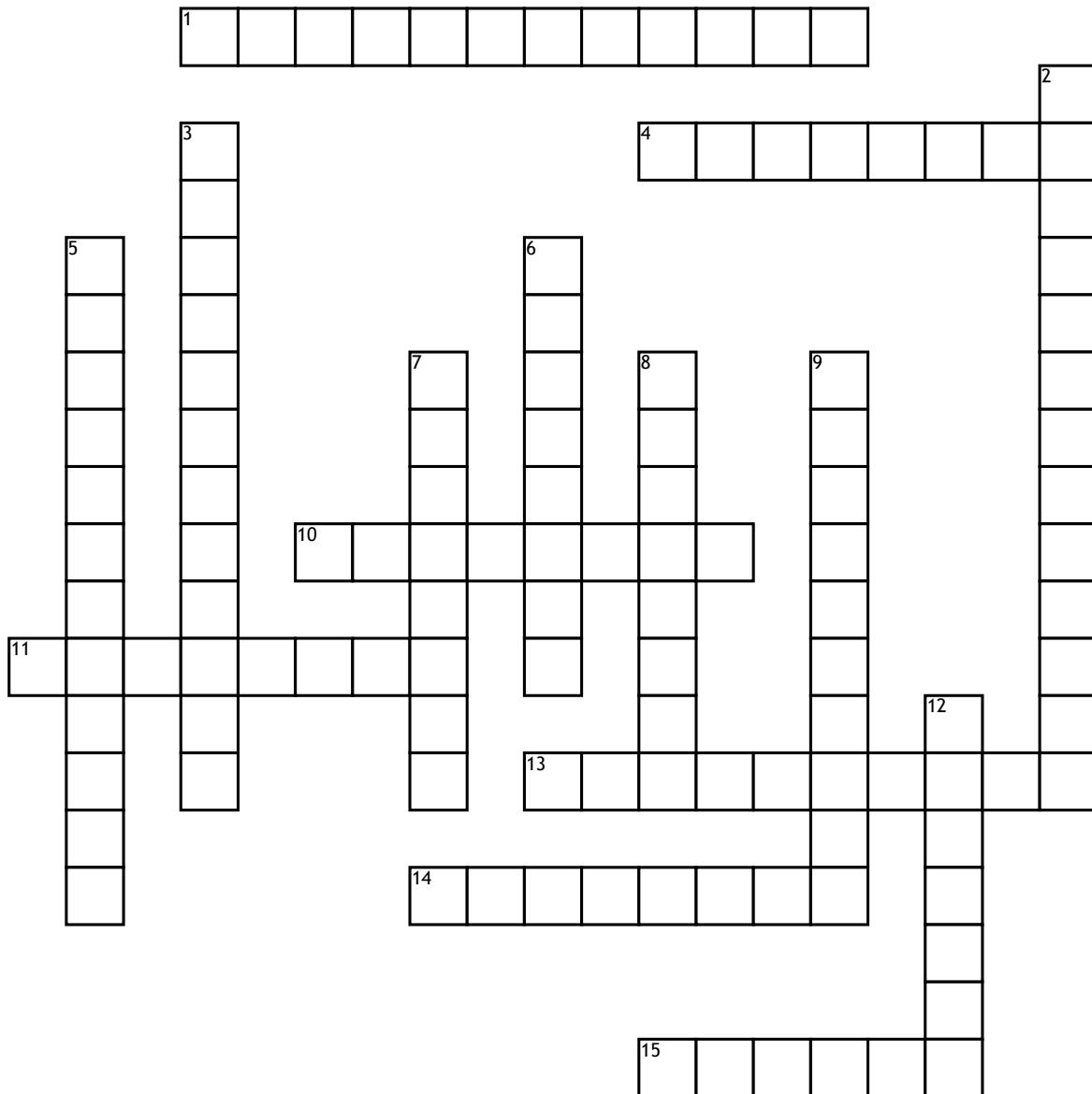


# Unit 3 (Wellness)



**Across**

- 1. used in the treatment of vitamin/mineral supplementation and deficiency and belongs to the drug class vitamin and mineral combinations.
- 4. a disease caused by a lack of the vitamin niacin
- 10. provides nourishment essential for growth and the maintenance of life
- 11. a condition that occurs due to not enough thiamine
- 13. substances obtained from a plant and used as an additive, especially in gin or cosmetics
- 14. naturally occurring chemical compounds, usually of crystalline form and abiogenic in origin
- 15. a rare condition that can develop if you don't have enough vitamin C in your diet

**Down**

- 2. any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose
- 3. a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease
- 5. the fatty acid chains have all or predominantly single bonds
- 6. a group of fat-soluble secosteroids responsible for increasing intestinal absorption of calcium, magnesium, and phosphate, and multiple other biological effects
- 7. any of various naturally occurring extremely complex substances that consist of amino-acid residues joined by peptide bonds
- 8. uncommon in nature but became commonly produced industrially from vegetable fats for use in margarine, snack food, packaged baked goods and frying fast food starting in the 1950s.
- 9. organic compounds containing amine and carboxyl functional groups, along with a side chain specific to each
- 12. a number or range of things of the same general class that are different or distinct in character or quality