

Name: _____

Date: _____

Vitamin C

O O A C E R O L A C H E R R I E S C G C T A D A
B Q B A Q V S V J S B L O M S A S O Z U A O P M
X L O Y R A T K Q V L R Y L P J R U H I H W Y S
E V L T I H F Z I N O Y W E A K E C E Q V E C G
C I V T I A G P S N O R N B S L P C A A J B S X
Z N Y K R X E R P F D C L J J V P T R T G D G H
E L I O M E M O R Y P H N I A G E S T Y L E S Q
T O H M R H L Z R C R R E M W L P M D A F M S H
B L D S A Z E P E J E O J I T H I U I K N E L G
L O G J L T Y A D U S N R V J M L L S J F N O V
O W P J K P I I U T S I U M R C I P E G X T W I
O E B V M B P V C U U C H R D F H U A I K I L C
D R Q U G K D G E Q R U T C R N C D S O D A Y D
V T B N K O M A Y I E A G F H E K A E R Z C O M
E C A S C O R B I C A C I D H C G K W E O O Y T
S C R C G A B D C O S F F U V E P A B A M V C S
S I U J P U R W H J Z A I M Y S D K E D V Q S U
E M U J Z V U Y N O O P S A V S Q O A R B A W T
L T I B N U I K E I F A W L M A A B H W U X G B
S F C K K E S F F N K R C I O R K H S J I U R K
T T E V L D I C A T L H H O J Y C D S U A G B B
O Y W K B W N W I S X C Q G G M V U O V W H W G
J B W Q M Y G M H U S M N Q S H Z B A R B C J X
F S Y X B S P I H E S O R U R W Q S U E W U O G

acerola cherries
chili peppers
rose hips
dementia
memory
lower
weak

blood pressure
heart disease
vitamin c
chronic
reduce
spoon

ascorbic acid
kakadu plums
bad mood
guavas
slowly
gain

blood vessels
necessary
bruising
joints
bumpy
skin