

Name: \_\_\_\_\_

# Vitamin K

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

bone mineralization

brussel sprouts

koagulation

wheat beans

blood clot

canola oil

olive oil

broccoli

soy oil

spinach

eggs