

Name: _____

Vitamins & Minerals

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

hydroxocobalamin
riboflavin
magnesium
thiamine
calcium
iodine

colecalfiferol
phosphorus
vitamin K
dietary
niacin
trace

ascorbic acid
pyridoxine
selenium
mineral
sodium
zinc

vegetables
potassium
fluoride
vitamin
copper
iron