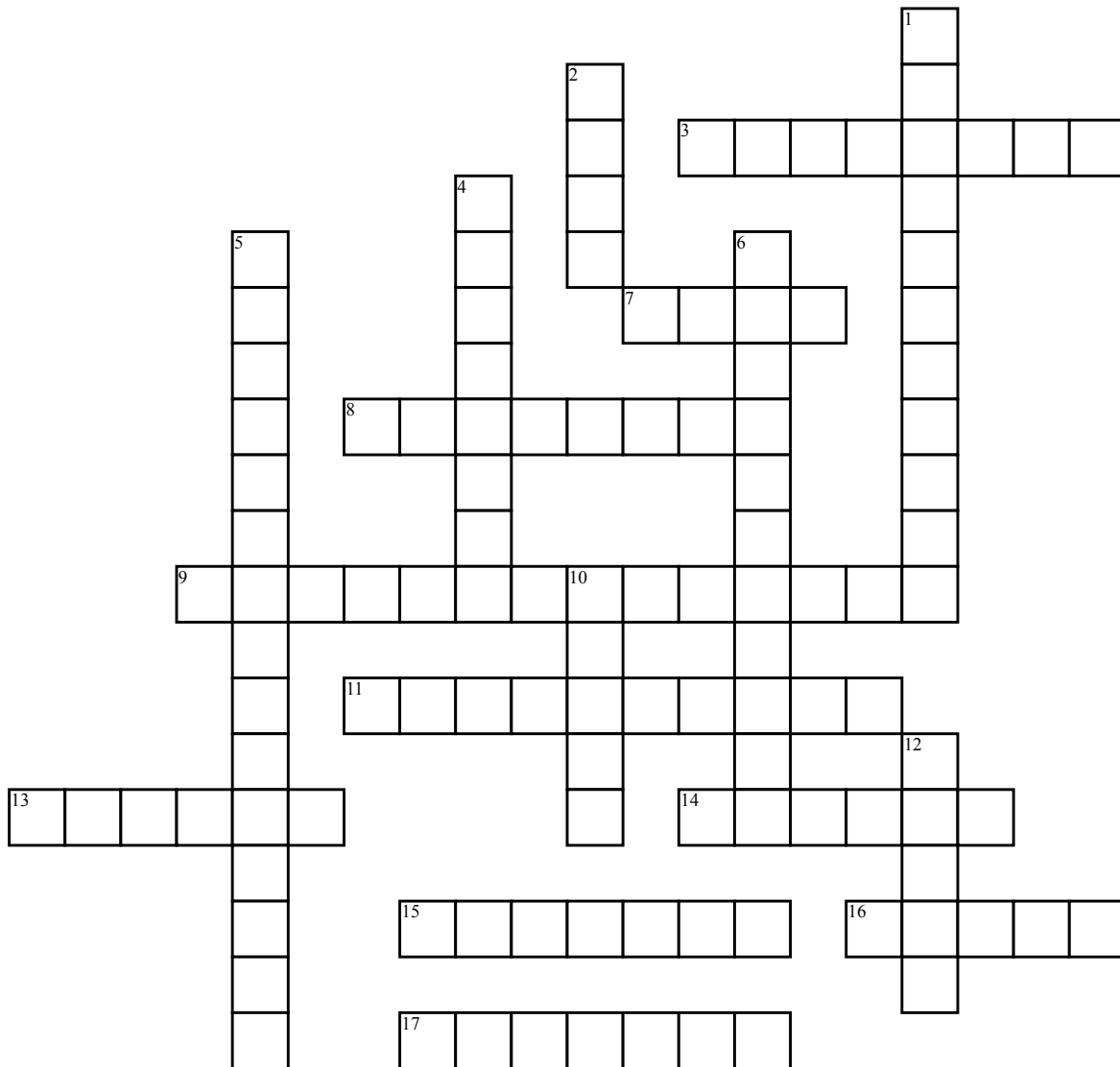


Vitamins



Across

3. which vitamins are involved in energy reactions?

7. There are _____ fat-soluble vitamins

8. Which vitamin is a very potent antioxidant

9. Vitamins are referred to as _____.

11. A compound that induces oxidative stress

13. Severe deficiencies in Vitamin B12 and Folate can lead to?

14. Vitamins recommendations are base on age, _____ and pregnancy.

15. An excellent sources of vitamin E is _____'

16. Vitamins are classified as fat soluble of _____ soluble.

17. Vitamins occur naturally in a _____ of foods.

Down

1. Vitamin _____ are a great way to treat and prevent severe vitamin deficiencies.

2. Researchers agree that Athletes can obtain all necessary vitamins through _____.

4. How many essential Vitamins are there?

5. The degree to which a nutrient can be absorbed, metabolized & used

6. Caveat emptor

10. Taking more vitamins than the upper intake level can be _____.

12. It is _____ to sell vitamins containing amounts higher than the upper level. Buyer Beware