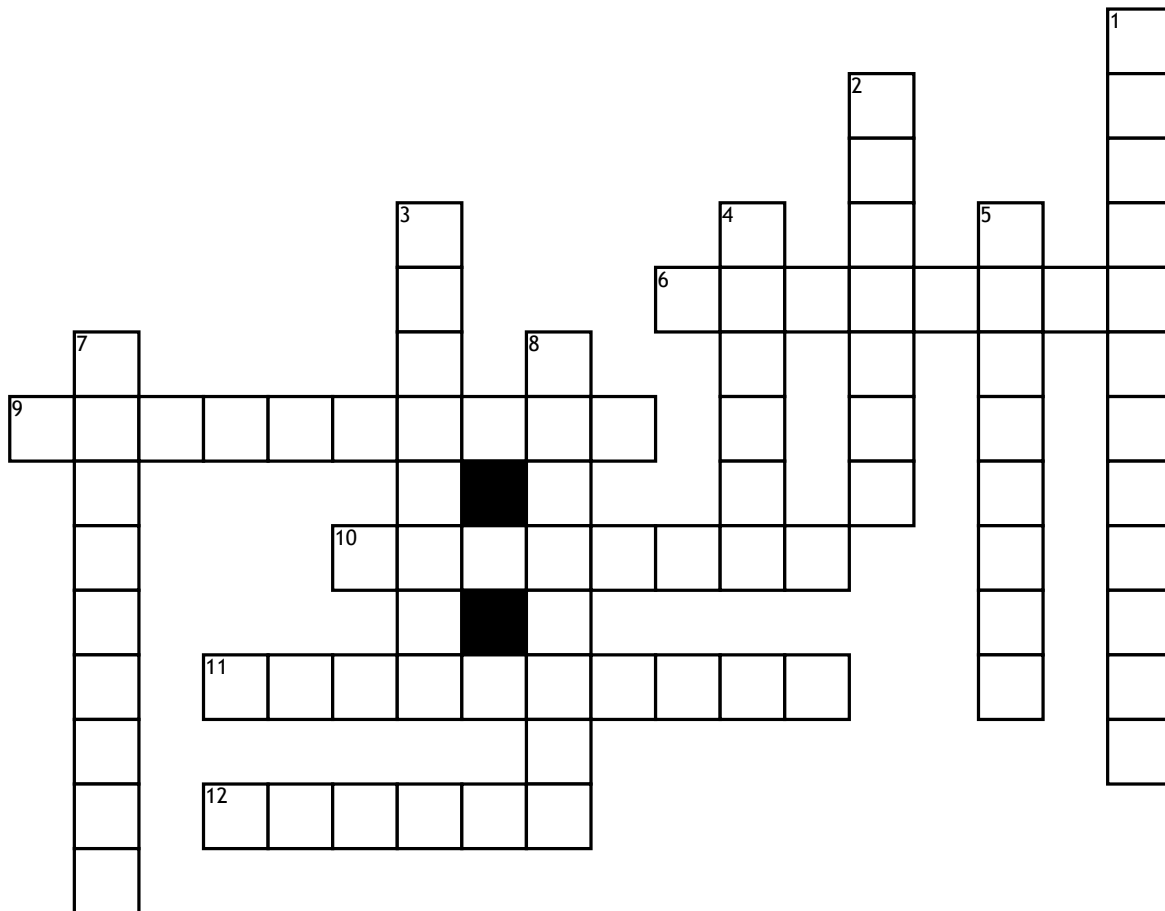


Vitamins



Across

6. This vitamin supports the immune system, boosts iron absorption, and aids in collagen synthesis. Food sources containing this vitamin include sweet red peppers, orange juice, and green peppers.

9. This vitamin is a part of the coenzyme that is active in energy metabolism. A deficiency in this could cause cracks and redness at the corners of the mouth, painful/smooth/ purplish red tongue, sore throat, and a skin rash.

10. The main function of this vitamin is the synthesis of blood-clotting and bone proteins. A healthy digestive system is key when it comes to this specific vitamin.

11. This vitamin is found in foods of animal origin. The vitamin serves as part of the coenzymes needed in new cell synthesis and helps to maintain nerve cells.

12. Good food sources for this vitamin include lentils and asparagus. A deficiency in this vitamin can cause anemia, mental confusion, and can increase the risk of neural tube birth defects.

Down

1. A deficiency in this vitamin could result in keratin lumps on the skin.

2. A deficiency in this vitamin can cause Beriberi. To avoid this, proper nutrition is vital. Good food sources for this vitamin include enriched whole wheat bagels, pork chops, and green peas.

3. Good food sources of this vitamin are fortified milk and cooked box choy. The main function of this vitamin has to do with vision and our skin.

4. Deficiency in this vitamin can cause pellagra. Main food sources for this vitamin include enriched cereal and tuna.

5. This vitamin's function is mineralization of our bones and our teeth. A deficiency in this could cause abnormal bone growth resulting in rickets for children and osteomalacia in adults.

7. This vitamin functions as part of a coenzyme needed in amino acid and fatty acid metabolism. Excellent food sources include cooked beef liver and baked potatoes.

8. An excellent food source for this vitamin would be sunflower seeds or canola oil. This vitamin protects cell membranes, regulates oxidation reactions, and protects polyunsaturated fatty acids. It serves as an antioxidant.