

Name: _____

Date: _____

Vitamins and Minerals

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

Pantothenic acid
Manganese
Selenium
Vitamin D
Choline
Iodine
Zinc

Molybdenum
Potassium
Vitamin A
Vitamin E
Biotin
Niacin

Phosphorus
Chromium
Vitamin B
Vitamin K
Copper
Boron

Magnesium
Fluorine
Vitamin C
Calcium
Folate
Iron