

Name: _____

Date: _____

Period: _____

Vitamins and Minerals

S L R 2 1 D L Z S L G U M E T 2 T Z G Z S F S F
O I B 1 W D V A 2 M S 2 2 G L 2 F F 1 B Z M E 2
O I F M B W A D N I R A V V L V T G K W 1 1 S 1
B N 2 L E O E E N A M U I D O S D G U 2 G G C B
K W I O L G B K M E F C I O U L N S I 1 S E R S
F A F K B N K A I M A L M G D T M K Z F 2 I I N
A R O C U V B 1 1 G B U B V B T Z R W M D D L I
K S M T L W I A W U F O L A T E Z 2 2 1 G F O M
E C N E O F C C S V 2 R E V C D L S U K D K C A
S K D K S 1 M F O N N G 1 U L M K D S O G W N T
L F Z N R G N D U Z N W M R V G G Z L R R W T I
A I N N E 1 B D R A A S S B R L T W N C L R B V
R M E G T N C O R E S S S L 2 D E K 1 1 F 1 V M
E M F U A F G O N N Z D S 2 B V G B Z W F U M N
N 1 F F W C E A I I Z C N Z S I W I V K V K S S
I Z G E B N W T I E M A W N V T U U S A 2 U 1 N
M N 2 1 O I V E F F E Z I 1 S A M G 1 S I W A L
K V U K D Z R O O F R A R L 2 M W 1 2 N Z D D V
L T V M V U I M N A W K O T W I E C A I I F N Z
C K V I T A M I N C M L N A V N S 2 S M N W R K
Z S K K V E I L F N T C T T D D D M W A A C I S
A A C T M V U U W G L E E W L C I L N T U U L K
W N D I W L R D I M R 1 E 1 N D G L L I T F K K
L U E O B B 1 E M M V L S M L R G V K V C B C 2

VITAMINS B 12

Vitamin D

minerals

FOLATE

ADEK

watersoluble

caffeine

Sodium

WATER

Iron

Vitamin C

vitamins

Orange

zinc