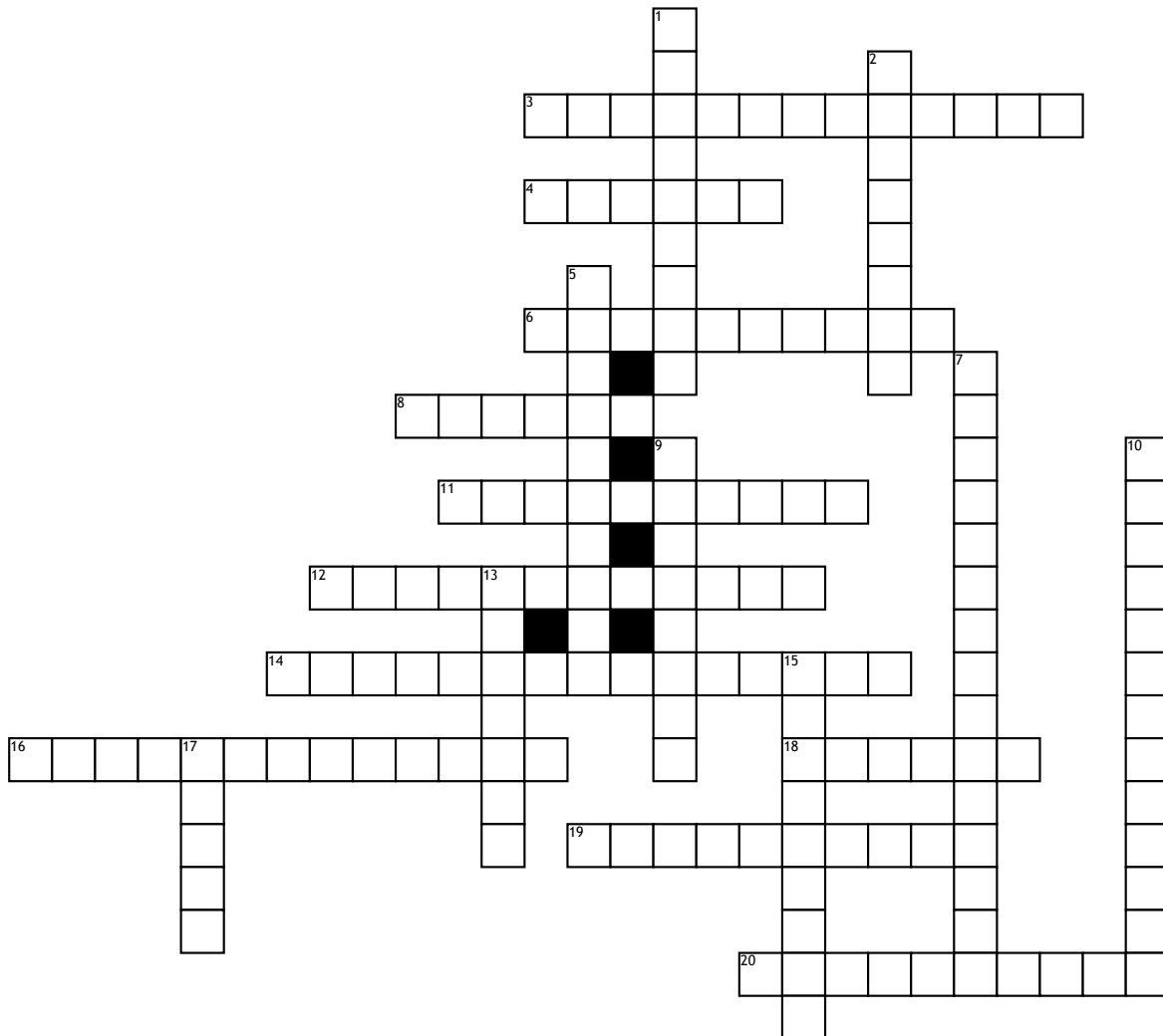


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Vitamins



## Across

3. What vitamin can be found in alfalfa sprouts?
4. This vitamin is used for releasing energy from carbohydrates, proteins, and fats.
6. This vitamin plays a role in the release of glycogen from its storage in the liver.
8. If you are deficient of this vitamin it can lead to muscle and mental dysfunction.
11. A deficiency of this vitamin can eat to bursting of red blood cells.
12. This vitamin is an antioxidant that is needed for the synthesis of collagen.

14. A vitamin that is involved in the synthesis of the steroid hormone.

16. What vitamin helps to synthesis blood clotting?

18. What vitamin is involved in the synthesis of nucleic and fatty acids?

19. What type of vitamins are absorbed in the bloodstream and are stored in the liver.

20. What vitamin is involved in the citric acid cycle and the production of some enzymes?

## Down

1. Vitamin that helps in the protection of both defects.
2. There are thirteen of these!

5. Overdose of this vitamin can cause numbness in the hands and feet.

7. What vitamin is the only vitamin hat can be produced by the human body?

9. What vitamin is involved in the metabolism of carbohydrates and amino acids?

10. What is it called when vitamins and minerals are added during processing?

13. What vitamin is known to for benefiting eyesight?

15. This vitamin is involved in the production of red blood cells.

17. Fat soluble vitamins are stored in the...