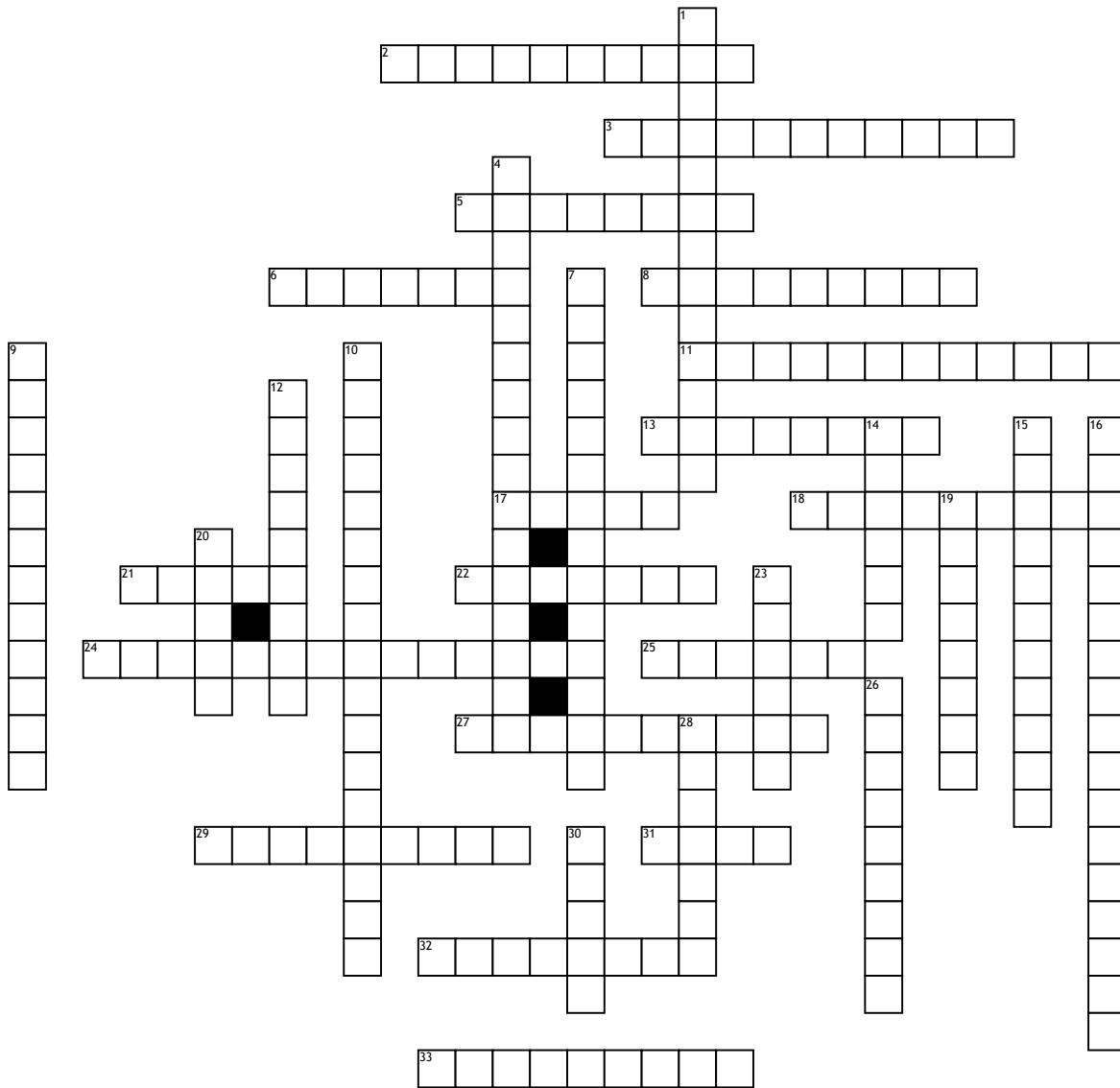


Vitamins, minerals, and supplements for the GI tract



Across

2. Vitamin B12/cyanocobalmin- converts folic acid from inactive to active form- all cells rely on this for DNA _____.

3. The main side effect of Vitamin B12 is _____.

5. Question clients about concurrent use with NSAIDS, heparin, and _____ when taking ginger root.

6. MOA of black cohosh is _____.

8. _____ supplements are contraindicated in those with AV block or rectal bleeding, nausea, vomiting and abdominal pain.

11. Echinacea stimulates the immune system and decreases _____.

13. When evaluating effectiveness of Vitamin B12 there should be an _____ in hematocrit, reticulocyte count, disappearance of megaloblasts.

17. Educate patient about _____ discoloration when taking iron supplements.

18. MOA: IRON: Provides iron needed for RBC development and oxygen _____ to cells.

21. Patient should take potassium with _____ or at least 8 oz of water to minimize GI discomfort or ulcers.

22. Folic acid is often used for supplement in those suffering from _____ use disorder.

24. The oral form of iron is....

25. When evaluating for effectiveness the nurse should find that pallor and fatigue should subside and the client should report increased _____ level.

27. Vitamin B12 is often simply used for vitamin b12 _____.

29. With chronic use, this med can decrease positive effects of medications for TB, HIV, and cancer.

31. Echinacea is available in many forms including: dried roots, plants, extracts, and _____.

32. Garlic adverse effects include GI _____.

33. Black Cohosh _____ antihypertensive medication, and chances of hypoglycemia.

Down

1. Vitamin C increases absorption of iron but increases risk of GI _____.

4. MOA: this drug works by activating many intracellular enzymes, regulates skeletal contractibility, and blood coagulation.

7. MOA of Folic Acid: essential in the production of DNA and _____.

9. Ginger root should be used cautiously in pregnant women because it can cause uterine _____.

10. Potassium is CONTRAINDICATED if you have severe kidney disease or _____.

12. Supplement used for prolonged diarrhea, vomiting, excessive use of laxatives, GI fistula, and intestinal drainage.

14. Ginger root is used for GI _____ and used to treat morning sickness, motion sickness, and nausea from surgery.

15. The parental form of iron is....

16. _____ works by conducting nerve impulses, maintaining electrical excitability of muscles, and regulation of acid/base balance.

19. To avoid teeth _____, instruct patients to dilute liquid iron with water of juice, drink with a straw, and rinse mouth after swallowing.

20. When taking iron, patients should avoid caffeine and _____ intake.

23. When giving IM injection of iron, you should use the _____ method.

26. St. John's wort is used orally as an _____ to relieve pain and inflammation.

28. Saw palmetto has few adverse effects but can cause mild GI _____.

30. Increase in hemoglobin of 2g/dL is expected 1 _____ after beginning iron supplement therapy.