

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

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

# Vitmain c

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

## Deficiencies of Vitamin C

Calcium Ascorbate  
sweet potatoes  
green peppers  
antioxidant  
Nosebleeds  
broccoli  
spinach  
Anemia

## Vitamin C Toxicity

Prevents bruises  
bleeding gums  
Citrus fruits  
cauliflower  
kiwi fruit  
tomatoes  
vitamin  
scurvy

## mineral ascorbate

Sodium Ascorbate  
ascorbic acid  
strawberries  
red peppers  
Bone pain  
cabbage  
Nausea  
iron