

minerals and vitamins

O M M A U E P H N L I 6 B P H O S P H O R O U S
F N B E Z D G 6 N L L U C H L O R I D E N T 6 G
H O P E T S Z V R V N I A C I N T T P K K R A M
C E I I V 1 N Z F O F A M M N S A I O G O M H C
B U O V R F 1 C A 1 1 N 2 P P M O K D P G A U O
V L D I I K V I T A M I N B 1 2 G H V A V G G P
I G I T B K O B M Z V T Z V P B G A F T T D U P
T G N A O V H 1 B C A G Z I O E E K 2 I V A L E
A 6 E M F 2 1 K 2 A K P R T F O L A T E 6 2 S R
M A 2 I L C P M 2 L G I L A R N A O V P C A U O
I F I N A 6 C E V C I T F M F K H G I K Z K O 2
N L I A V H 1 D 2 I 1 U 6 I L 2 N 6 T G A L A Z
C U P N I S K E C U R 6 L N P R I 6 A B 1 K M S
L O 2 Z N R P N 1 M O P L E S L A E M Z H U M O
P R H T 2 2 O A M C T Z A 2 C O P O I I K D L D
2 I E 2 N V V I T A M I N B 6 1 O R N S I S M I
O D L G Z G O 1 K K S N 1 H L C T V D I A I A U
F E 2 M M K V A 6 I H C O B K N A 6 S B 1 H 2 M
I E E P N H H I R O N V S L T T S G G Z B D B N
S 1 G I V F O L I C A C I D G C S R K E Z 1 Z O
D S F 1 T V G G R T H I A M I N I Z F T L C 6 U
U G Z K M A G N E S I U M 6 F I U O I R B M O O
O C E V I T A M I N K V E E 6 L M U 2 D O D A A
N Z Z 6 G 6 V A G K F I S M C T C U U O G I A 6

vitamin B12
vitamin K
potassium
calcium
sodium

phosphorous
vitamin E
magnesium
folate
zinc

folic acid
vitamin D
fluoride
niacin
iron

vitamin B6
vitamin C
chloride
copper

riboflavin
vitamin A
thiamin
iodine