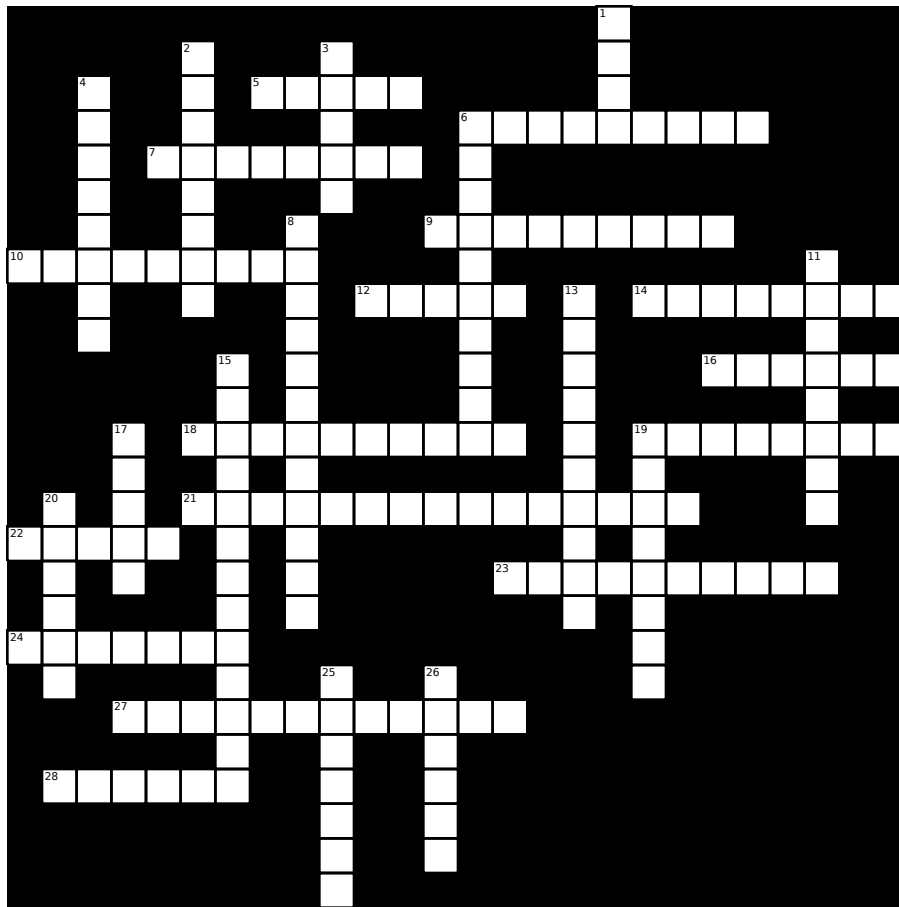


# Nutrition Puzzle

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## Across

- 5 Excess water-soluble vitamins are excreted through the\_\_?
- 6 The family of vitamin A compounds are called
- 7 This antioxidant vitamin is also considered an anticoagulant
- 9 Water-soluble vitamins' primary function is to act as
- 10 Free radicals are known to cause this reaction?
- 12 All vitamin absorption takes place in the intestine
- 14 Which vitamin is involved directly in the clotting mechanism?
- 16 Which vitamin is critical in preventing birth defects?
- 18 Is a form of Fortification when added nutrients go into food products
- 19 Which commonly used antioxidant vitamin do humans lack the enzyme to synthesize and is used often as an immune booster?
- 21 Is influenced by a vitamin's amount in food, preparation, individual nutrition status, & natural or synthetic
- 22 Sailors got their nickname from eating this citrus fruit
- 23 This vitamin is commonly deficient in elderly and vegetarians
- 24 Each new \_ \_\_\_\_\_ was given a temporary name when it was discovered
- 27 Fat soluble vitamins are packaged into \_\_\_\_\_ for transportation from the SI to the liver
- 28 A known disease of vitamin C deficiency, popular among pirates

## Down

- 1 Which mineral is enhanced by the consumption of vitamin C?
- 2 Vitamin \_\_\_\_\_ is rare and results typically from megadoses of supplements
- 3 The Upper \_\_\_\_\_ refers to a vitamin's amount for reducing toxicity risk.
- 4 An antioxidant that is not considered a vitamin (hint: it's a mineral)
- 6 This vitamin's sensitivity to light caused milk carton's color changes
- 8 Group of compounds that neutralize free radicals
- 11 Considered the "sunshine vitamin"
- 13 Influences a vitamin's digestion and absorption and storage
- 15 Vitamin D is a good example of a " \_ " essential nutrient
- 17 The main storage site for vitamin A
- 19 Which vitamin is utilized in vision?
- 20 Which vitamin is critical in the metabolic reaction of macronutrients to form ADP to ATP?
- 25 A common disease caused by vitamin D deficiency.
- 26 Which vitamin is known to be more bioavailable in its synthetic form?