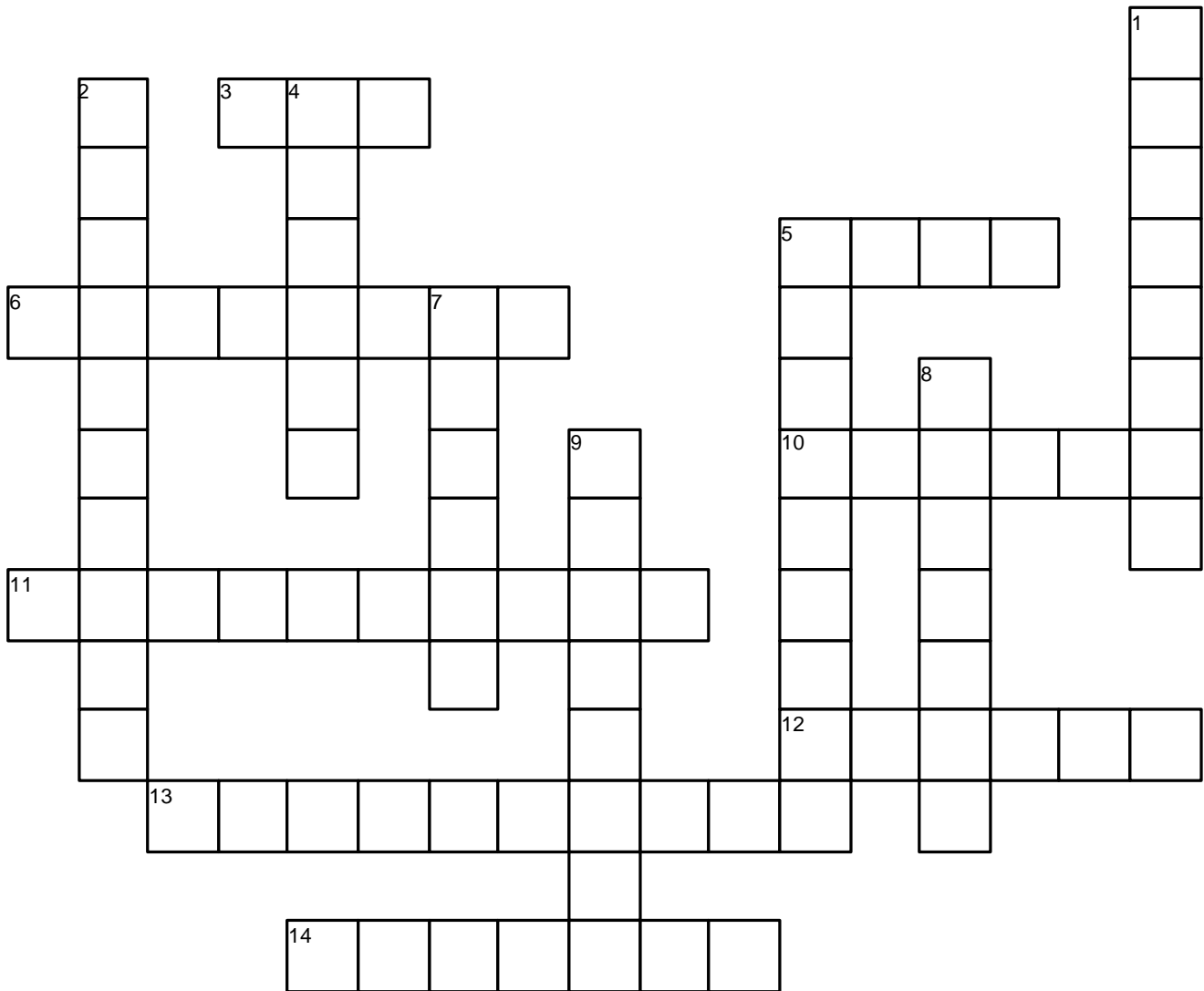


Vitamins



ACROSS

- 3** _____ soluble vitamins are stored in the body, and can accumulate to toxic levels.
- 5** _____-beri is a disease that is caused by a Vitamin B1 deficiency.
- 6** _____ are micronutrients which are necessary for everyday healthy functioning of the body.
- 10** Vitamin B3 is known as _____.
- 11** Vitamin B2 is known as _____.
- 12** A Vitamin C deficiency leads to this disease.
- 13** The 3 symptoms of Pellagra (a deficiency of Vitamin B3) are: diarrhea, dementia, and _____.
- 14** _____ in children is caused by a deficiency in Vitamin D.

DOWN

- 1** A deficiency of Vitamin K may lead to abnormal _____, bleeding, and hemorrhaging.
- 2** Vitamin B6 is known as _____.
- 4** A deficiency of Vitamin B12 affects red blood cell formation, leading to _____.
- 5** A deficiency in Vitamin A can lead to night _____.
- 7** _____ tube defects are seen in newborns whose mothers had an inadequate intake of folic acid during pregnancy.
- 8** Vitamin D aids in the absorption and laying down of _____ in bones and teeth.
- 9** Vitamin B1 is known as _____.

Vitamins

