

# VITAMINS & MINERALS

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

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

Fill in the empty box with the correct answer from the right box.

- Deficiency is seen in people who consume high amounts of egg whites over long period
- Negatively charged extracellular electrolyte
- Deficiency found in corn based diets causing Pellagra
- Intrinsic factor aids in absorption in the small intestine
- Hyperkalemia alters normal rhythms of the heart
- Positively charged extracellular electrolyte
- Reduces risk of CVD by converting a.a. Homocysteine to Cysteine
- Water-soluble vitamin-like nutrient
- Deficiency can lead to Beriberi
- Synthesis of thyroid hormone
- Vitamin deficiency that causes ariboflavinosis
- Too much of this vitamin can mask a simultaneous B12 deficiency
- Important for bone formation and a primary compound in ATP

Pyridoxine  
(Vitamin B6)

Chloride

Potassium

Phosphorus

Riboflavin

Vitamin B12  
(Cobalamine)

Iodine

Sodium

Folate

Thiamine  
(Vitamin B1)

Choline

Niacin  
(Vitamin B3)

Biotin