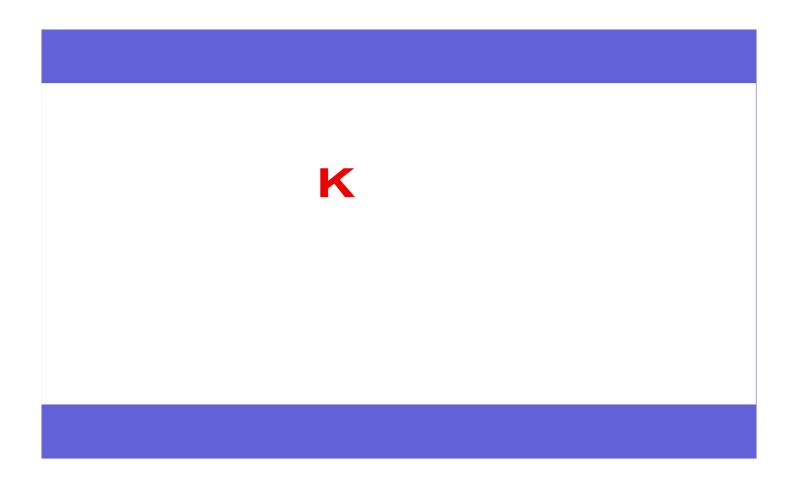
Vitamin & Mineral Quiz

PRACTICE QUIZ

I Got 100% on Quiz



K

BLOOD CLOTTING

INTESTINAL BACTERIA, LEAFY GREEN VEGETABLES

MAGNESIUM

MAGNESIUM

ELECTRICAL IMPULSES OUTSIDE THE CELL

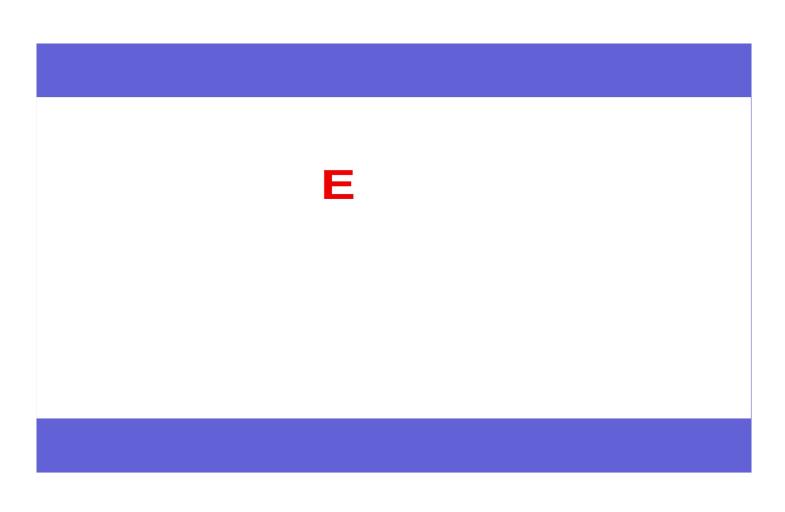
DAIRY PRODUCTS, NUTS

B12

B12

RBC PRODUCTION

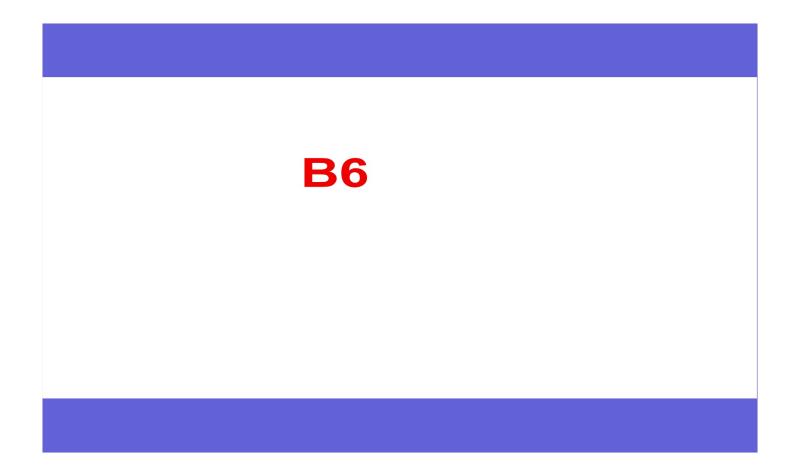
ANIMAL SOURCE



Ε

ANTIOXIDANT (OIL)

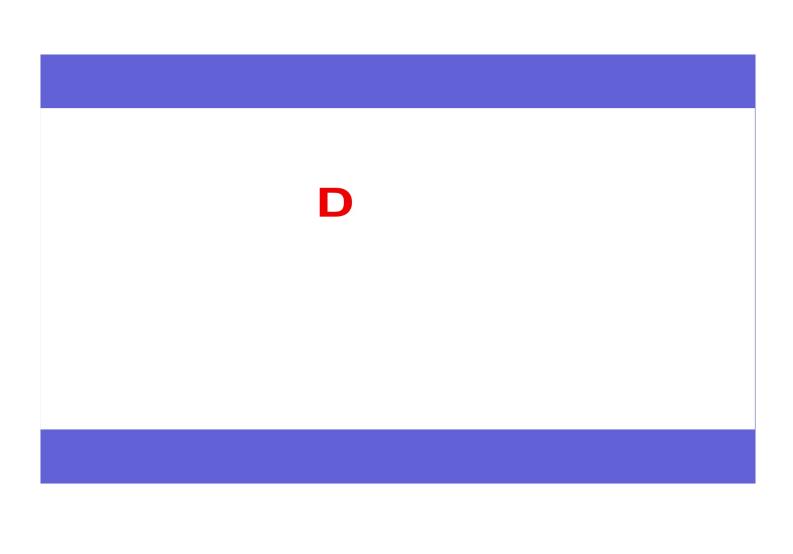
VEGETABLE OIL



B6

FAT TO ENERGY

FRUITS AND VEGETABLES



D

AIDS IN ABSORPTION OF CALCIUM AND PHOSPHOROUS

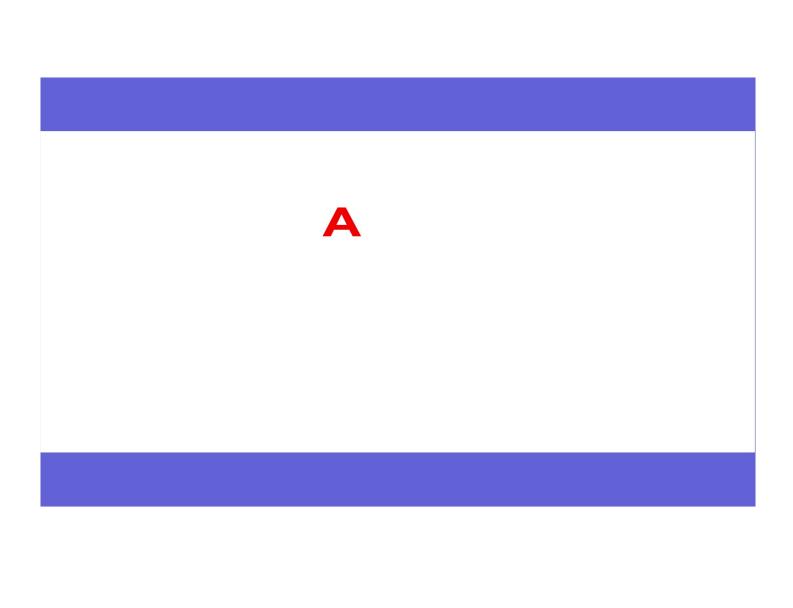
SUNLIGHT

POTASSIUM

POTASSIUM

ELECTRICAL IMPULSES INSIDE THE CELL

DAIRY PRODUCTS, NUTS, POTATOES



A GROWTH ANYTHING THAT GREW



CALCIUM

BONES AND TEETH, MUSCLE CONTRACTIONS, BLOOD CLOTTING, ABSORPTION OF VITAMIN B12

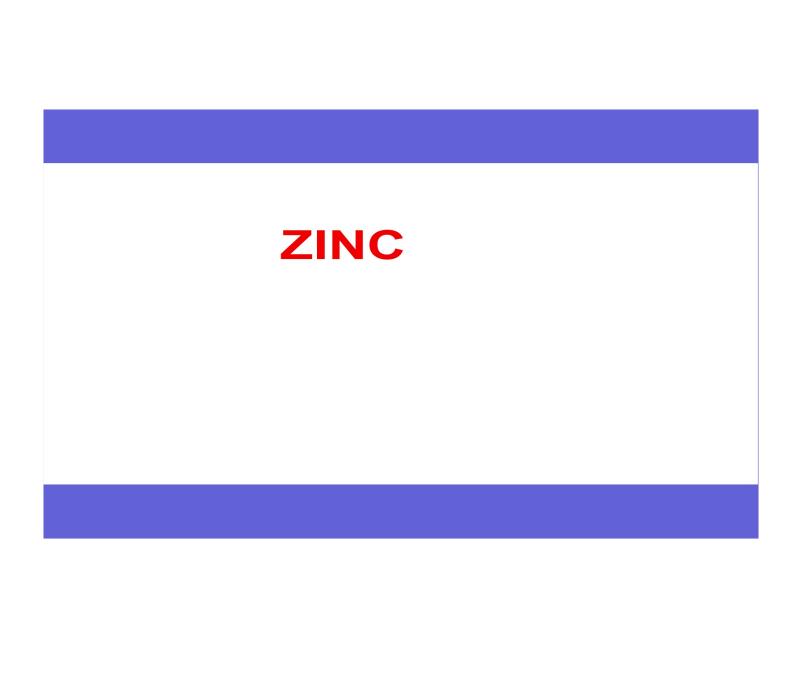
DAIRY PRODUCTS

B2 RIBOFLAVIN

B2 RIBOFLAVIN

ENERGY FOR EVERYTHING EXCEPT THE BRAIN

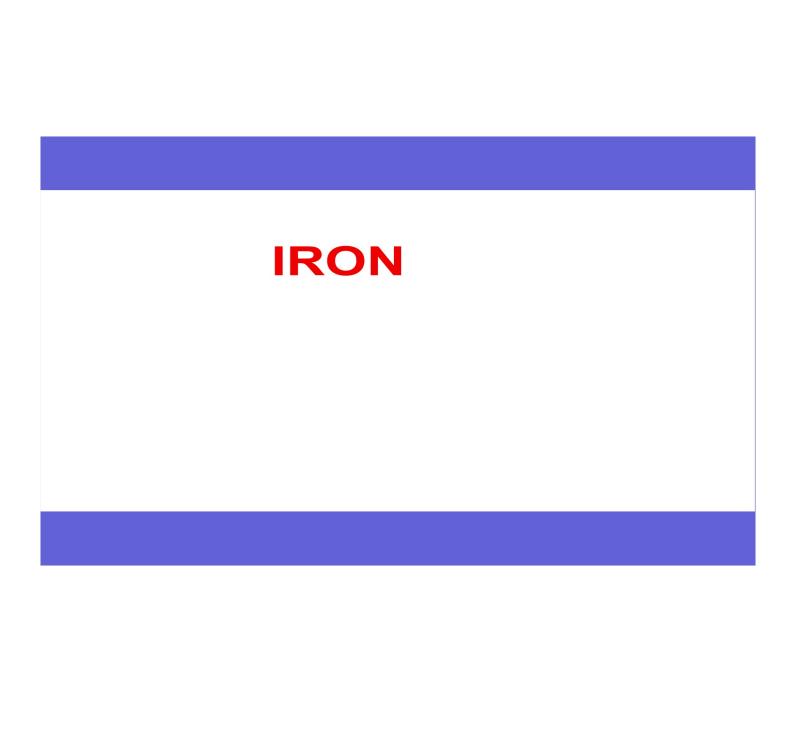
ENRICHED GRAINS AND CEREALS



ZINC

METABOLISM

ANYTHING THAT LIVED



IRON

CARRIES OXYGEN

RECYCLED, ANIMAL SOURCE

B3 NIACIN

B3 NIACIN

ENERGY PRODUCTION

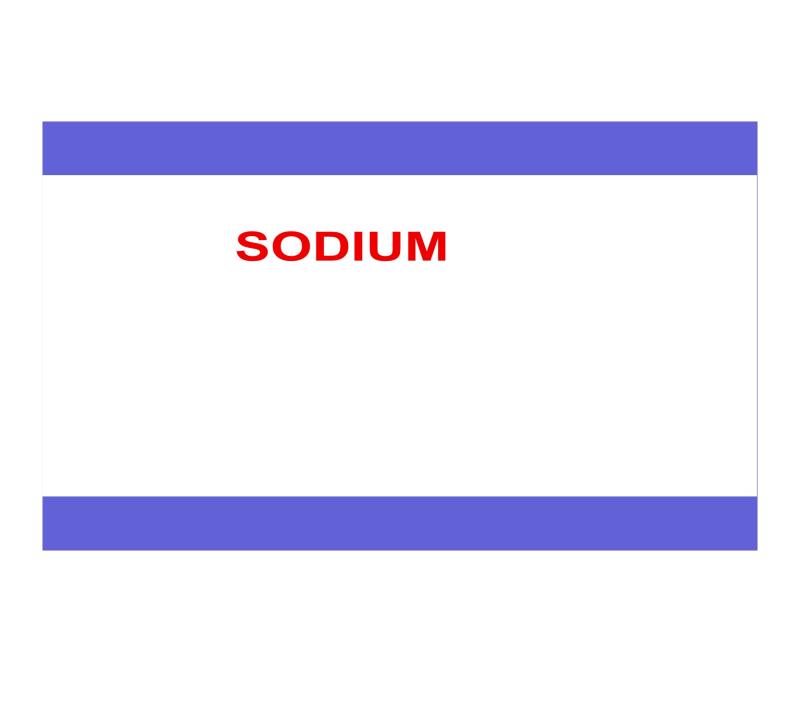
ENRICHED GRAINS AND CEREALS



PHOSPHOROUS

BONES AND TEETH, MUSCLE CONTRACTIONS, BUFFER SYSTEMS, ATP

DAIRY PRODUCTS



SODIUM

WATER BALANCE

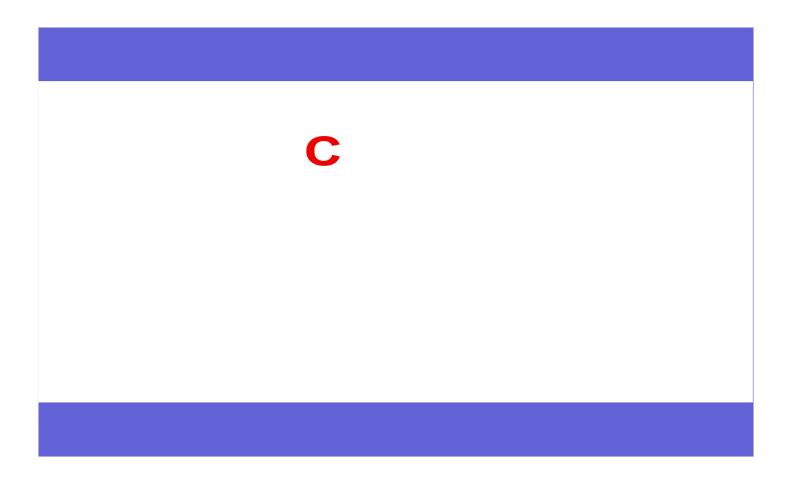
SALT

FLUORIDE

FLUORIDE

ENAMEL ON TEETH

TOOTHPASTE



C

REPAIR VITAMIN

CITRUS FRUITS, POTATOES

FOLIC ACID

FOLIC ACID

CHEMICAL REACTIONS

ANYTHING THAT LIVED

B1 THYMINE

B1 THYMINE

ENERGY FOR BRAIN

ENRICHED GRAINS AND CEREALS



SULFUR

HORMONES AND VITAMINS

ANIMAL SOURCE



















