

Vitamin & Mineral Quiz

PRACTICE QUIZ

I Got 100% on Quiz

K

K

BLOOD CLOTTING

**INTESTINAL BACTERIA,
LEAFY GREEN VEGETABLES**

MAGNESIUM

MAGNESIUM

**ELECTRICAL IMPULSES
OUTSIDE THE CELL**

DAIRY PRODUCTS, NUTS

B12

B12

RBC PRODUCTION

ANIMAL SOURCE

E

E

ANTIOXIDANT (OIL)

VEGETABLE OIL

B6

B6

FAT TO ENERGY

FRUITS AND VEGETABLES

D

D

**AIDS IN ABSORPTION OF
CALCIUM AND PHOSPHOROUS**

SUNLIGHT

POTASSIUM

POTASSIUM

**ELECTRICAL IMPULSES
INSIDE THE CELL**

**DAIRY PRODUCTS, NUTS,
POTATOES**

A

A

GROWTH

ANYTHING THAT GREW

CALCIUM

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

ZINC

METABOLISM

ANYTHING THAT LIVED

IRON

IRON

CARRIES OXYGEN

RECYCLED, ANIMAL SOURCE

B3 NIACIN

B3 NIACIN

ENERGY PRODUCTION

ENRICHED GRAINS AND CEREALS

PHOSPHOROUS

PHOSPHOROUS

**BONES AND TEETH, MUSCLE
CONTRACTIONS, BUFFER
SYSTEMS, ATP**

DAIRY PRODUCTS

SODIUM

SODIUM

WATER BALANCE

SALT

FLUORIDE

FLUORIDE

ENAMEL ON TEETH

TOOTHPASTE

C

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

SULFUR

HORMONES AND VITAMINS

ANIMAL SOURCE



















