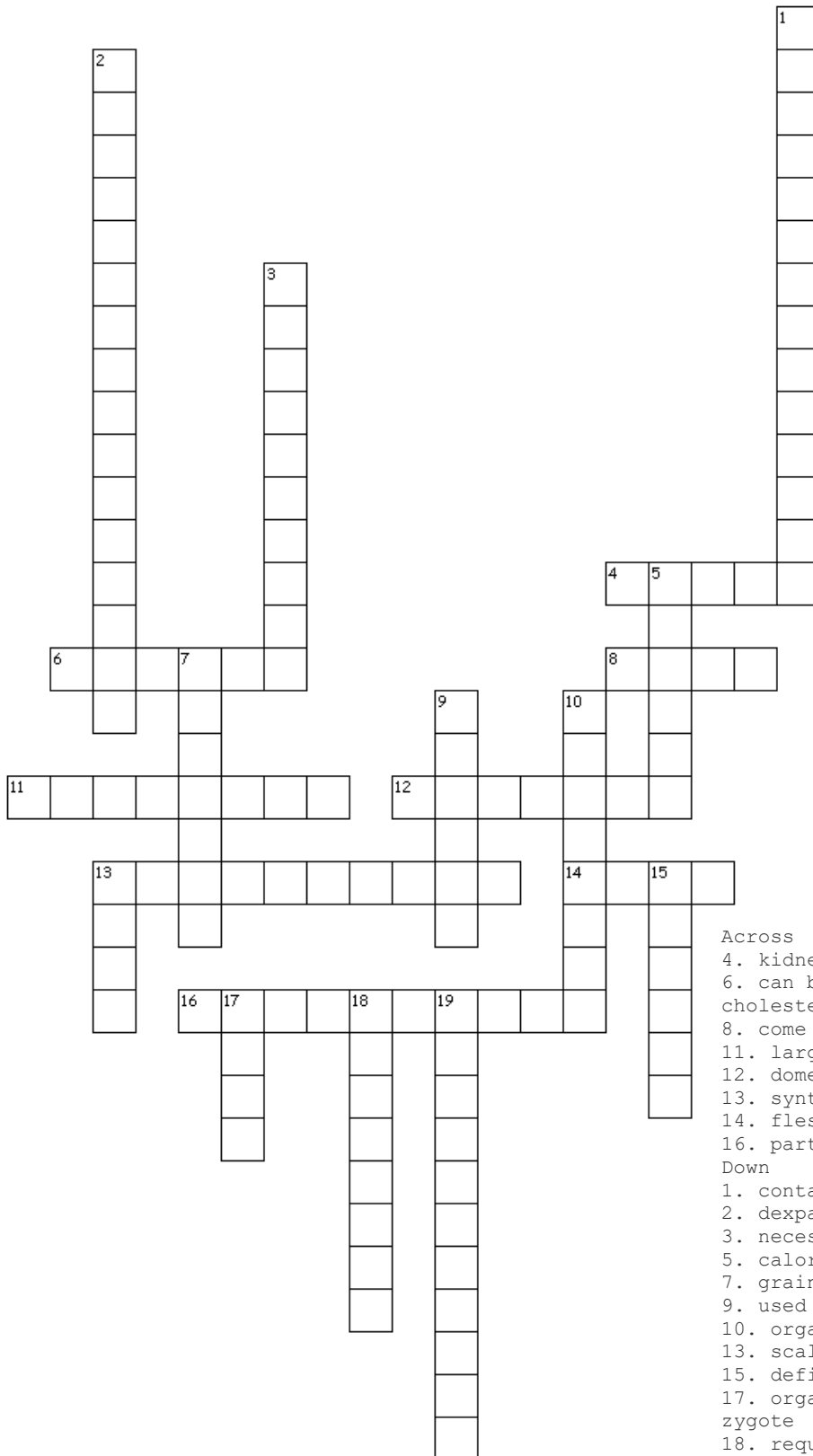


B Vitamins



Across

- 4. kidney-shaped
- 6. can boost levels of good HDL cholesterol
- 8. come from pods
- 11. large complex molecules
- 12. domestic fowl
- 13. synthetic
- 14. flesh of an animal
- 16. parts of plants consumed as food

Down

- 1. contain the milk of mammals
- 2. dexpantenol
- 3. necessary for normal cell growth
- 5. calories
- 7. grain used for food
- 9. used for hair loss
- 10. organic compounds
- 13. scaly skinned vertebrate
- 15. deficiency of red blood cells
- 17. organic vessel containing the zygote
- 18. required to properly use carbohydrates
- 19. cells circulating in the blood

B Vitamins

Answers

Across

- 4. beans
- 6. Niacin
- 8. peas
- 11. proteins
- 12. poultry
- 13. Folic acid
- 14. meat
- 16. vegetables

Down

- 1. dairy products
- 2. Pantothenic acid
- 3. Riboflavin
- 5. energy
- 7. cereals
- 9. Biotin
- 10. vitamins
- 13. fish
- 15. anemia
- 17. eggs
- 18. Thiamine
- 19. blood cells