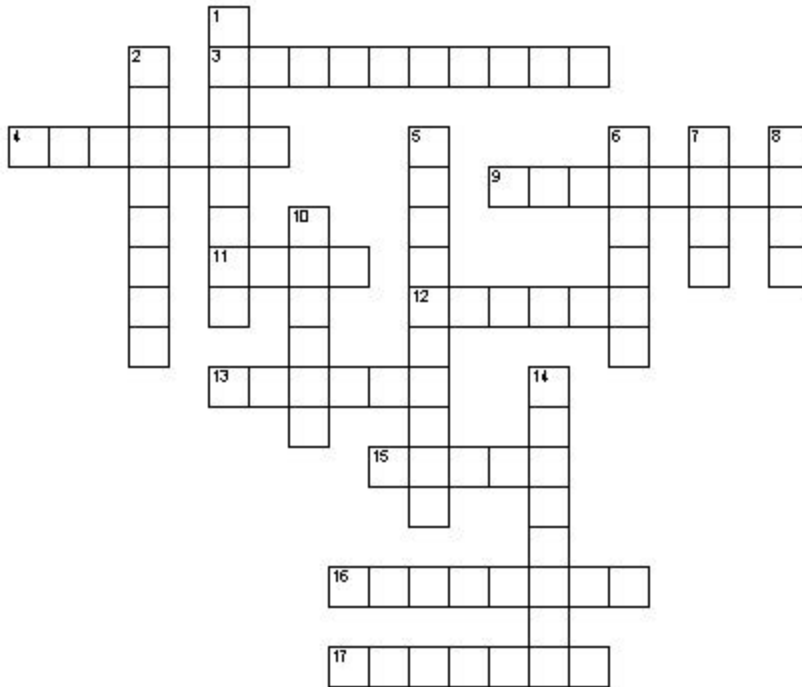


# TRACE MINERALS CROSSWORD



## Across

3. Carries oxygen in the blood
4. Good source of Zinc
9. Enhances mineralization of bones and teeth
11. involved in oxygen transport
12. High Zinc intakes can impair the \_\_\_\_\_ system
13. Iron deficiency results in \_\_\_\_\_
15. hinders mineral absorption
16. Antioxidant mineral that acts with vitaminE to protect cell membranes
17. Less absorbed for of Iron

## Down

1. Iodine is part of the hormone \_\_\_\_\_
2. Enhances iron absorption
5. decreases iron and zinc absorption
6. Iodine deficiency: Enlargement of the thyroid gland
7. Required for sexual maturation
8. Iron from meat sources
10. Required as a cofactor in the synthesis of hemoglobin
14. Found in the glucose tolerance factor

17 of 17 words were placed into the puzzle.

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