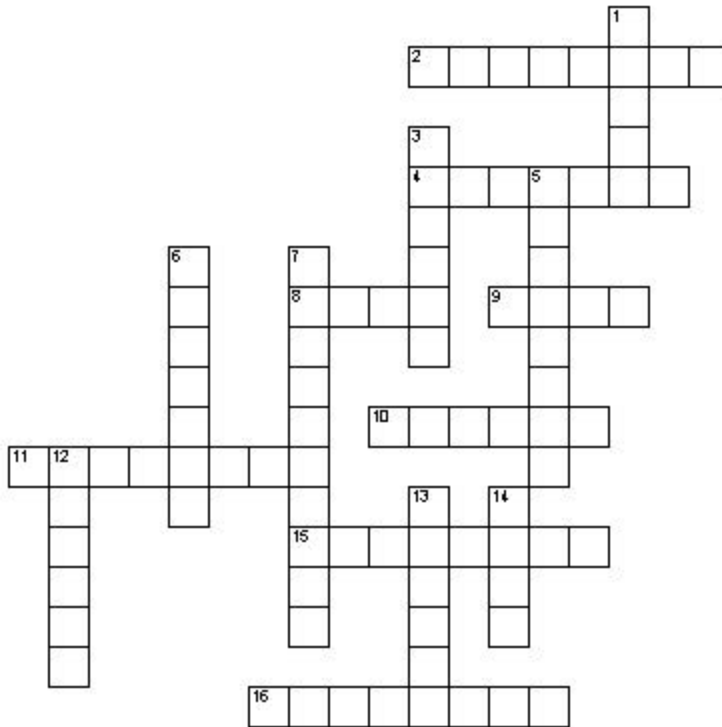


# TRACE MINERALS CROSSWORD



## Across

2. Antioxidant mineral that acts with vitaminE to protect cell membranes
4. Good source of Zinc
8. Iron from meat sources
9. involved in oxygen transport
10. Iron deficiency results in \_\_\_\_\_
11. Enhances iron absorption
15. Found in the glucose tolerance factor
16. Enhances mineralization of bones and teeth

## Down

1. hinders mineral absorption
3. Required as a cofactor in the synthesis of hemoglobin
5. Iodine is part of the hormone \_\_\_\_\_
6. Less absorbed for of Iron
7. decreases iron and zinc absorption
12. High Zinc intakes can impair the \_\_\_\_\_ system
13. Iodine deficiency: Enlargement of the thyroid gland
14. Required for sexual maturation

16 of 17 words were placed into the puzzle.

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