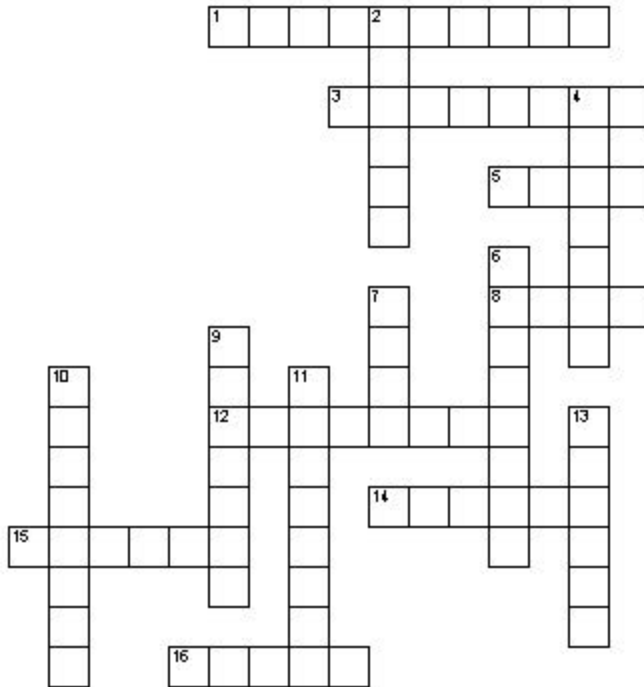


# TRACE MINERALS CROSSWORD



## Across

1. Carries oxygen in the blood
3. Enhances iron absorption
5. Required for sexual maturation
8. Iron from meat sources
12. Antioxidant mineral that acts with vitaminE to protect cell membranes
14. High Zinc intakes can impair the \_\_\_\_\_ system
15. Required as a cofactor in the synthesis of hemoglobin
16. hinders mineral absorption

## Down

2. Iodine deficiency: Enlargement of the thyroid gland
4. Less absorbed for of Iron
6. Found in the glucose tolerance factor
7. involved in oxygen transport
9. Good source of Zinc
10. Iodine is part of the hormone \_\_\_\_\_
11. Enhances mineralization of bones and teeth
13. Iron deficiency results in \_\_\_\_\_

16 of 17 words were placed into the puzzle.

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