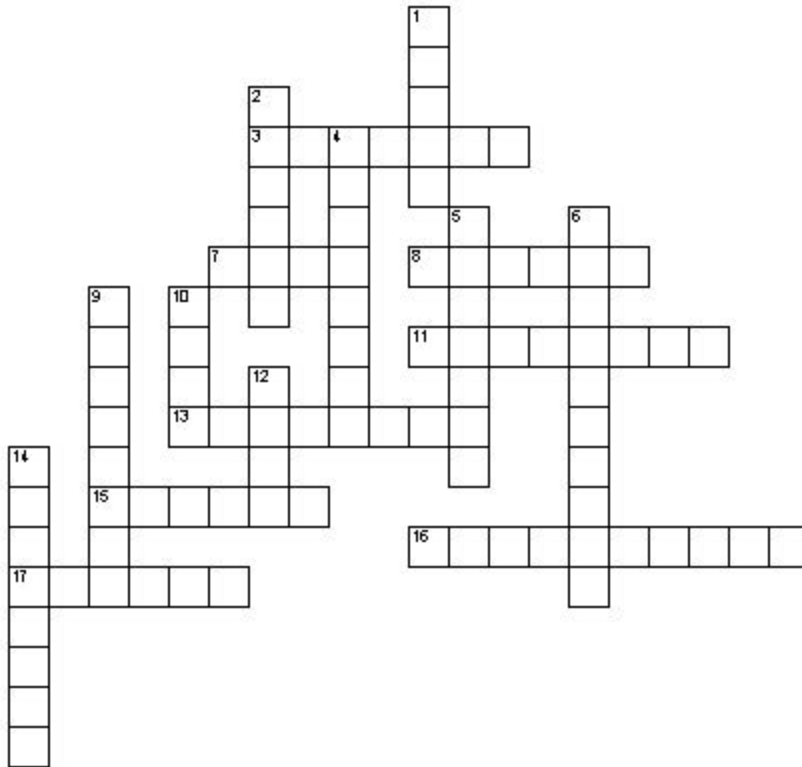


# TRACE MINERALS CROSSWORD



## Across

3. Good source of Zinc
7. Iron from meat sources
8. Iodine deficiency: Enlargement of the thyroid gland
11. Iodine is part of the hormone \_\_\_\_\_
13. Found in the glucose tolerance factor
15. High Zinc intakes can impair the \_\_\_\_\_ system
16. decreases iron and zinc absorption
17. Iron deficiency results in \_\_\_\_\_

## Down

1. hinders mineral absorption
2. Required as a cofactor in the synthesis of hemoglobin
4. Antioxidant mineral that acts with vitaminE to protect cell membranes
5. Less absorbed for of Iron
6. Carries oxygen in the blood
9. Enhances mineralization of bones and teeth
10. Required for sexual maturation
12. involved in oxygen transport
14. Enhances iron absorption

17 of 17 words were placed into the puzzle.

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