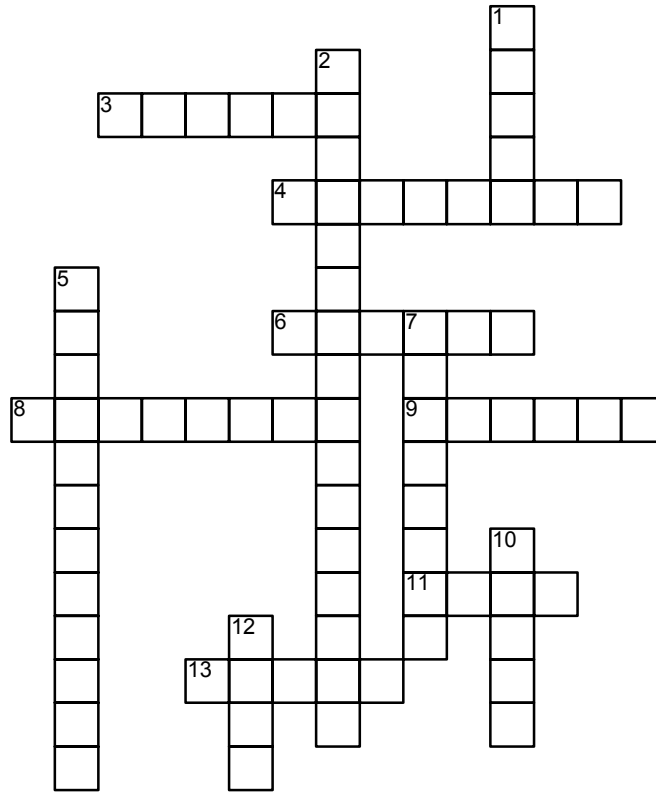


## Water Soluble Vitamin Criss Cross #1

Complete the puzzle using the clues shown below.



### Across

3. severe deficiency of vitamin C
4. deficiency disease related to thiamin
6. the B vitamin that has a precursor
8. disease caused by the lack of niacin in the diet
9. the need for thiamin is closely related to the intake or need for \_\_\_\_\_
11. the best source of riboflavin
13. the level of the vitamin in the body that may be reached from nutrient supplements of water soluble vitamins

### Down

1. usual route of excretion of most water soluble vitamins
2. conditions caused by excessive intakes of certain vitamins
5. vitamins needed on daily basis
7. the vitamin portion of an enzyme system
10. the tissue into which water soluble vitamins are absorbed
12. outstanding source of thiamin