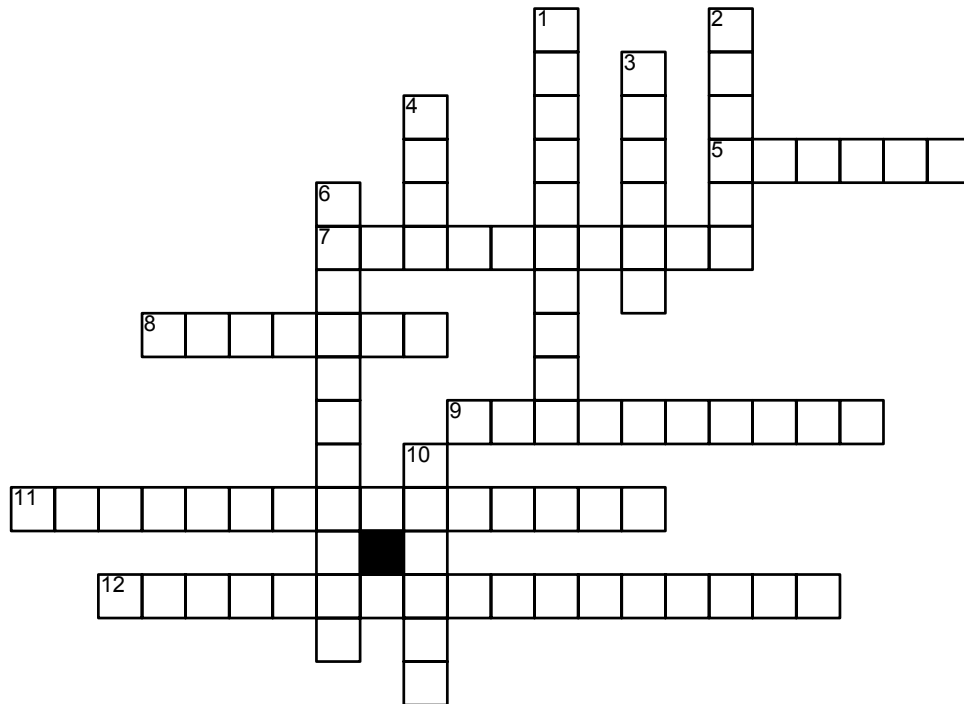


Water Soluble Criss Cross #2

Complete the puzzle using the clues shown below.



Across

5. general types of foods that are sources of vitamin B12
7. a competing factor that counteracts the action of another factor
8. large doses of this vitamin may mask vitamin B12 deficiency
9. folates are found in what types of vegetables
11. the B vitamin that is a cofactor in the "crossroads of metabolism"
12. foods that are significant sources of niacin'

Down

1. one of the three forms of vitamin B6 that is active in protein synthesis
2. mineral element present in vitamin B12
3. the sheath covering nerve cells that is damaged in vitamin B12 deficiency
4. the substance that destroys thiamin
6. the acid vitamin that is widespread in foods and for which there is no RDA
10. the vitamin often used to help in lowering blood cholesterol