



VITAMINS AND MINERALS

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Vitamin	Mineral	Function	Deficiency	Excess
Vitamin A	Calcium	Builds strong bones and teeth	Rickets	None
Vitamin B1	Iron	Helps in the production of red blood cells	Anemia	None
Vitamin B2	Phosphorus	Helps in the production of energy	None	None
Vitamin B3	Potassium	Helps in the production of energy	None	None
Vitamin B5	Sodium	Helps in the production of energy	None	None
Vitamin B6	Magnesium	Helps in the production of energy	None	None
Vitamin B7	Zinc	Helps in the production of energy	None	None
Vitamin B9	Copper	Helps in the production of energy	None	None
Vitamin C	Chromium	Helps in the production of energy	None	None
Vitamin D	Manganese	Helps in the production of energy	None	None
Vitamin E	Selenium	Helps in the production of energy	None	None
Vitamin K	Vanadium	Helps in the production of energy	None	None

Vitamins Study Guide Puzzle

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Study Guide for Nutrition, 1998

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Study Guide to Accompany Clinical Drug Therapy Gail Ropelewski-Ryan, 1998

Study Guide for Introduction to Maternity and Pediatric Nursing - E-Book Gloria Leifer, 2022-10-27 NEW Next Generation NCLEX exam style questions for case studies help students develop skills in clinical judgment and prepare for the new licensure examination NEW Updated exercises correspond with the textbook's new content on methods and treatment in the care of women families newborns and children

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Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.), 1977

Study Guide [for] Charles

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