



# Natural Nutrients

## Wordfind

- ANTIOXIDANTS
- BETA-CAROTENE
- CALCIUM
- FOLIC ACID
- MAGNESIUM
- MINERALS
- NIACIN
- POTASSIUM
- PYRIDOXINE
- RIBOFLAVIN
- SELENIUM
- THIAMINE
- VITAMIN A
- VITAMIN C
- VITAMIN D
- VITAMIN E

A well-balanced diet should contain a good supply of these nutrients that are necessary for good health.



J	W	K	P	B	Z	H	L	W	J	X	S	S	B	W
M	U	I	S	E	N	G	A	M	K	T	P	L	U	E
P	I	Q	I	T	S	E	L	E	N	I	U	M	V	N
E	T	H	I	A	M	I	N	E	R	A	L	S	L	I
I	N	N	S	C	M	C	D	Q	I	V	B	F	P	M
C	N	I	M	A	T	I	V	T	I	F	O	V	V	A
Z	O	D	X	R	X	F	M	T	L	L	T	X	I	T
G	R	I	B	O	F	L	A	V	I	N	C	W	T	I
N	N	W	I	T	D	M	S	C	V	A	E	P	A	V
I	Q	T	U	E	I	I	A	C	L	O	C	V	M	B
C	N	U	E	N	R	C	R	C	L	Y	C	S	I	E
A	P	T	A	E	I	J	I	Y	Q	K	F	M	N	A
I	D	Q	P	D	R	U	J	M	P	L	E	X	D	W
N	U	A	A	C	M	U	I	S	S	A	T	O	P	Q

