

# Wellness Vitamin Types

Difficulty: Easy

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

Find these words:

PANTOTHENIC  
CALCIFEROL  
CARNITINE  
INOSITOL  
NIACIN

RIBOFLAVIN  
TOCOPHEROL  
THIAMINE  
RETINOL  
FOLATE

PYRIDOXINE  
ZEAXANTHIN  
ASCORBIC  
TAURINE