

## Vitamin and Mineral Worksheet

Name

Date

<u>Deficiency</u>	<u>Vit/Min</u>	<u>Function</u>
1. Abnormal skin pigmentation	a) Ascorbic acid	I. Activates enzymes
2. Anemia	b) B12	II. Additional component of bone
3. Chew on wood	c) B6	III. Aids immune system
4. Crooked legs	d) Biotin	IV. Aids in transmission of nerve impulses
5. Dermatitis	e) Calcium	V. Aids metabolism
6. Edema in feet and legs	f) Chlorine	VI. Allows absorption of Ca
7. Enlarged joints	g) Choline	VII. Blood clotting
8. Falling forward when startled	h) Iodine	VIII. Component of enzymes
9. Fatty liver	i) Iron	IX. Component of thyroxin
10. Goiter	j) Manganese	X. Element of retinol
11. Graying of the hair	k) Niacin	XI. Found in hemoglobin (blood)
12. Hair loss	l) Pantothenic acid	XII. Functions in coenzymes
13. Hemorrhaging	m) Phosphorus	XIII. Main component of bone
14. Lesions around face and feet	n) Potassium	XIV. Maintains acid-base balance
15. Muscular dystrophy	o) Riboflavin	XV. Needed for enzyme synthesis
16. Muscular lesions	p) Selenium	XVI. Promotes Skin and hoof health
17. Night blindness	q) Sodium	XVII. Protein metabolism
18. Poor hoof condition	r) Thiamin	XVIII. Regulate extracellular osmotic pressure
19. Reduced feed efficiency	s) Vitamin A	XIX. Skin health and antioxidant
20. Ricketts	t) Vitamin D	XX. Small component of bone
21. Scaling and cracking of paws	u) Vitamin E	
22. Scurvy	v) Vitamin K	
23. Unsteady walk		