



Vitamin, Minerals & Supplements

by Darlene Jorgens, HHP, CMH

CLASS: M310 TEST

1. ____ (True or False) The human body can synthesize its own vitamin C.
 - A. True
 - B. False
2. ____ (True or False) A healthy body can synthesize Vitamin A from Beta Carotene in the walls of the digestive tract.
 - A. True
 - B. False
3. ____ B-complex vitamin supplementation may be necessary if:
 - A. Sugar or alcohol is overconsumed
 - B. The individual experiences confusion, headaches, insomnia, or irritability
 - C. The person is diabetic
 - D. All of the above
4. ____ Which B vitamin would be most helpful for a client who needs help digesting protein?
 - A. B-1 (Thiamin)
 - B. B-3 (Niacin)
 - C. B-4 (Choline)
 - D. B-6 (Pyridoxine)
5. ____ (True or False) Antibiotic use does not cause vitamin deficiencies.
 - A. True
 - B. False
6. ____ Connective tissue defects such as bleeding gums or gingivitis, petechiae (pinpoint-sized red, brown or purple dots on the skin), rash, internal bleeding or impaired wound healing may be caused by a deficiency in?
 - A. Vitamin B-12
 - B. PABA
 - C. Vitamin C
 - D. Vitamin D3

7. ____ Which of the following should be taken in conjunction with vitamin D to prevent calcification in the body's soft tissues and arteries?
- A. Vitamin A
 - B. Vitamin K
 - C. Zinc
 - D. All of the above
8. ____ (True or False) Vitamin E deficiency should be considered when people are cigarette smokers, have fat malabsorption disorders, malnutrition, or genetic abnormalities that may cause vitamin E deficiency.
- A. True
 - B. False
9. ____ (True or False) Vitamin K is damaged by aspirin and barbiturate use.
- A. True
 - B. False
10. ____ (True or False) Humans have special enzymes in their stomach to break down rock mineral salts into a bioavailable form.
- A. True
 - B. False
11. ____ (True or False) Calcium carbonate (limestone) is the best calcium supplement.
- A. True
 - B. False
12. ____ It is estimated that ____ percent of people are deficient in magnesium.
- A. 20
 - B. 50
 - C. 65
 - D. 80
13. ____ High levels of phosphorus consumption can cause problems with:
- A. Circulation
 - B. Kidney Function
 - C. Blood Pressure
 - D. All of the above

14. ____ (True or False) Potassium initiates the pumping of the heart which moves blood throughout the body.
- A. True
 - B. False
15. ____ (True or False) Sodium is an important regulator of the volume of water in the body.
- A. True
 - B. False
16. ____ (True or False) Sulfur has been shown to raise blood levels of cholesterol and triglycerides, as well as improve cell membrane function in red blood cells.
- A. True
 - B. False
17. ____ (True or False) Antacids and oral contraceptives can interfere with the absorption of manganese.
- A. True
 - B. False
18. ____ 'Leukonychia Nail' where white spots appear underneath the finger and/or toe nails is an indicator of a deficiency of the following mineral?
- A. Selenium
 - B. Zinc
 - C. Copper
 - D. Fluoride
19. ____ (True or False) Research has shown that fluoride is much more toxic to the body when there is an iodine deficiency.
- A. True
 - B. False
20. ____ Symptoms of chromium deficiency include:
- A. Insulin Resistance, Diabetes Mellitus, & High Cholesterol
 - B. Goiter, Heat Intolerance, & Sweating
 - C. Anemia, Fatigue, & Low Energy
 - D. All of the above

21. ____ The amino acid alanine is important as it aids in the conversion of glucose into _____. It also supports the liver in the elimination of _____. It is also significant in that it plays a role in the conversion of amino acid _____ products into pyruvate (which includes nitrogen) that is easily processed into urea by the liver and excreted by the kidneys:
- A. Ketones, Heavy Metals, Metabolic
 - B. Sugar, Fats, Molecule
 - C. Energy, Toxins, Waste
 - D. B & C
22. ____ (True or False) Glutamic Acid helps correct personality disorders and is useful in treating childhood behavioral disorders.
- A. True
 - B. False
23. ____ (True or False) Branched-Chain Amino Acids (BCAAs) work best individually, rather than together.
- A. True
 - B. False
24. ____ Which amino acid increases the potency of the antioxidants vitamin C and vitamin E:
- A. Lysine
 - B. Methionine
 - C. Carnitine
 - D. Asparagine
25. ____ (True or False) One of the best ways to increase nitric oxide in the body is through cardiovascular exercise.
- A. True
 - B. False
26. ____ The amino acid Tryptophan is commonly used for:
- A. Alopecia
 - B. Cataracts
 - C. Insomnia
 - D. Motion Sickness
 - E. All of the above

27. ____ (True or False) Your own homemade organic broth is simple to make and more nutritious than any available for purchase in a store.
- A. True
 - B. False
28. ____ (True or False) Adrenal glandular increases blood flow as it works to support the structural integrity of both the arteries and the veins.
- A. True
 - B. False
29. ____ (True or False) Up until the 1950's eating organ meats such as liver and kidney was very common as most people understood that consuming organs was beneficial to their health.
- A. True
 - B. False
30. ____ Ox bile salts are:
- A. Necessary for those who have had their gallbladders removed
 - B. Beneficial for those whose gallbladders and/or livers are not functioning efficiently
 - C. When people develop fatty liver or pass consistently fatty stools
 - D. All of the above
31. ____ Which of the following are signs of oxidative stress that indicate the person may need antioxidants?
- A. Atherosclerosis, Brain Fog, Cancer, Cataracts
 - B. Chronic Disease, Colds & Flu, Gray Hair, Hypertension
 - C. Memory Loss, Muscle Pain, Noise Sensitivity, Wrinkles
 - D. All of the above
32. ____ (True or False) Silymarin is a complex of antioxidants with an affinity for the liver and is ten times more potent than vitamin E. Most standardized herbs have approximately 80 percent silymarin. It is recommended to use standardized milk thistle to support changes in the body and not simply for maintenance.
- A. True
 - B. False

33. ____ (True or False) Pollen promotes the diuretic action of the kidney and bladder.
- A. True
 - B. False
34. ____ (True or False) Enzymes enhance the action of coenzymes.
- A. True
 - B. False
35. ____ (True or False) If systemic enzymes are taken with food, they will break down the food instead of working to relieve inflammation systemically.
- A. True
 - B. False
36. ____ Serrapeptase does which of the following?
- A. Reduces arterial plaque
 - B. Benefits mood swings
 - C. Restores gray hair to its original color
 - D. Eliminates dry eyes
37. ____ (True or False) The body can make all of the essential fatty acids that it needs from other fats.
- A. True
 - B. False
38. ____ (True or False) If there is not enough of both Omega-3s and Omega 6s provided in the correct balance, the body will not have the resources to produce Omega 9s.
- A. True
 - B. False
39. ____ Coconut oil has which of the following benefits?
- A. Contains all three EFAs (omega 3s, omega 6s & omega 9s)
 - B. Normalizes weight & repairs brain function
 - C. It is a blood purifier
 - D. All of the above
40. ____ Which oil is the best source of natural vitamin E?
- A. Coconut Oil
 - B. Canola Oil
 - C. Wheat Germ Oil
 - D. All of the above

41. ____ (True or False) While very beneficial to the body, not all people can tolerate fermented foods and beverages.
- A. True
 - B. False
42. ____ Which of the following would be the best choice for an arsenic detoxification protocol?
- A. Chlorella
 - B. Spirulina
 - C. Both A & B
43. ____ (True or False) Cooking cruciferous vegetables does not have an effect on their goitrogenic effects.
- A. True
 - B. False
44. ____ (True or False) Many modern soy products do not use traditional and proven processing techniques and are not safe for animal or human consumption.
- A. True
 - B. False
45. ____ Which herb or herb property is known to have neuroprotective properties?
- A. Berberine
 - B. Cilantro
 - C. Huperzine A (HupA)
 - D. Essential Oil of Oregano
46. ____ Which of the following foods may be helpful for the production of chemicals in the brain that affect mood, focus, concentration, and even the ability to see clearly?
- A. Beets
 - B. Garlic
 - C. Onions
 - D. All of the above
47. ____ (True or False) Food sources of MSM have both macro and micro nutrients that are not available in supplements.
- A. True
 - B. False

48. ____ (True or False) Ionic (nano) Silver and Colloidal Silver are exactly the same.
A. True
B. False
49. ____ Bentonite clay and _____ were found to significantly improve diaper rash.
A. Elderberry
B. Calendula
C. Lilac
50. ____ (True or False) Shilajit is known to restore energy, increase fertility, enhance immunity, and safeguard memory against the effects of aging.
A. True
B. False

~ END OF TEST ~