

Lesson Two Quiz

An Update On Vitamins

- Vitamins**
 - a. include all organic compounds used as food
 - b. consist of 4 distinct organic chemicals that are needed for life
 - c. are a group of unrelated organic substances that are essential in small amounts for the maintenance of good health
- Vitamins**
 - a. provide a high source of calories
 - b. are an excellent source for food
 - c. are required by most Americans
 - d. none of the above
- Which of the following are water soluble vitamins?**
 - a. B & C
 - b. A & B
 - c. D & C
 - d. K & E
- Which of the following are fat soluble vitamins?**
 - a. B & C
 - b. K & A
 - c. A & B
 - d. C & K
- Therapeutic vitamins**
 - a. typically provide about 25 times the daily RDA
 - b. typically provide about 3 to 5 times the daily RDA
 - c. contain small amounts of all vitamins to be physiologically correct
 - d. should be used by most Americans routinely
- Vitamin supplements**
 - a. usually provide between 50% and 150% of the daily RDA
 - b. should never be used since all diets are adequate
 - c. must be obtained by a prescription
 - d. contain 3 to 5 times the daily RDA
- Which of the following plays a role in color vision and night blindness?**
 - a. vitamin C
 - b. vitamin E
 - c. vitamin A
 - d. biotin
- Which of the following is associated with scurvy?**
 - a. vitamin C
 - b. vitamin A
 - c. vitamin K
 - d. vitamin E
- Which of the following is associated with pellagra?**
 - a. vitamin E
 - b. niacin
 - c. vitamin C
 - d. biotin
- Which of the following drug(s) is (are) associated with an interaction with vitamin B-6?**
 - a. levodopa
 - b. isoniaclid
 - c. cycloserine
 - d. all of the above
- The RDA for vitamin A for adult males is**
 - a. 900 mcg
 - b. 900 mg
 - c. 700 mcg
 - d. 10 mg
- Which of the following is known as calciferol?**
 - a. vitamin E
 - b. vitamin C
 - c. vitamin D
 - d. vitamin K
- Which of the following vitamin(s) is (are) associated with the synthesis of clotting substances?**
 - a. riboflavin
 - b. vitamin B-2
 - c. vitamin K
 - d. all of the above
- Which of the following is associated with beriberi?**
 - a. riboflavin
 - b. vitamin B-2
 - c. thiamine
 - d. A & B
- Folic acid**
 - a. is closely related to the functions of vitamin B-2
 - b. is found primarily in milk
 - c. is associated with vitamin B-12
 - d. has an RDA of 2 grams daily
- Did this CE article achieve its stated objectives?**
 - a. yes
 - b. no
- How much of this program can you apply in your practice?**
 - a. all
 - b. some
 - c. very little
 - d. none
- Approximately how long did it take you to read the article, study it and answer all questions?**
 - a. 1 - 1.5 hours
 - b. longer
 - c. less
- Type of practice**
 - a. retail
 - b. hospital, institutional
 - c. pharmacy organization/academia
 - d. manufacturing, distribution, other
- Indicate date you completed this exam (required).**
_____ mm/dd/yy

COMPLETE BOTH SIDES AND MAIL ENTIRE PAGE

CE EDITOR, COMMUNITY PHARMACIST
5285 WEST LOUISIANA AVE., LAKEWOOD, CO 80232-5976

For documentation and credit, provide the information requested. The test will be graded, entered on your permanent record in our office, and returned to you, with a statement, within two to three weeks.

Make check payable to *Community Pharmacist*.

PLEASE PRINT ALL INFORMATION!

Licensed State _____ Licensed State _____ Licensed State _____ Licensed State _____
License # _____ License # _____ License # _____ License # _____

- I am already enrolled for the 2005 Series. ____ I have enclosed \$6.00 for this lesson.
 \$60.00 for the 2005 Series (\$70.00 for foreign address)—10 Lessons, 15 Credit Hrs. & CP for 1 year.

Method of Payment: Check Visa Mastercard Discover
Card #: _____ Expiration Date: _____
Signature: _____
(Required on all credit card sales.)

Name: _____
Address: _____
City: _____ State: _____ Zipcode: _____
Telephone: (Daytime) _____ (Home) _____

**NOTE: Duplicate statement charge \$5.00. All 2003 and 2004 CE lessons are still available.
Have questions? Contact our CE Department at (800) 922-8513; fax (303) 975-0132**

TO BE COMPLETED BY CE EDITOR

ACPE UNIVERSAL PROGRAM
406-000-05-002-H01
(Passing grade of 70 earns .15 CEU;
retest at no charge)
Expiration Date 1/31/08