

continuing education quiz: patient counseling

Natural Products: Bovine Cartilage to Bupleurum

1. The principle glycosaminoglycan in bovine cartilage is:
 - a. chondroitin sulfate.
 - b. glucosamine.
 - c. immunoglobulin.
 - d. monosodium glutamate.
2. Bovine cartilage is claimed to have wound-healing activity by:
 - a. Initiating the formation of fibroblasts.
 - b. Lowering the action of epithelial tumor necrosis factor.
 - c. Reducing the activity of phagocytic macrophages.
 - d. Stimulating the growth of granulation tissue.
3. Bovine colostrum is produced by a cow's:
 - a. thyroid gland.
 - b. pancreas.
 - c. mammary glands.
 - d. liver.
4. Branched-Chain Amino Acids are important for:
 - a. alleviating nonbacterial-induced diarrhea.
 - b. building and maintaining muscle mass.
 - c. enhancing the activity of digestive enzymes.
 - d. lowering the long-term complications of diabetes.
5. Brewer's yeast is reportedly rich in all of the following vitamins EXCEPT:
 - a. ascorbic acid.
 - b. niacin.
 - c. pantothenic acid.
 - d. pyridoxine.
6. Brewer's yeast reportedly:
 - a. alleviates nonbacterial-induced diarrhea.
 - b. builds and maintains muscle mass.
 - c. enhances the activity of digestive enzymes.
 - d. lowers the long-term complications of diabetes.
7. Bromelain is derived from:
 - a. bananas.
 - b. broccoli.
 - c. papaya.
 - d. pineapple.
8. Although FDA considers broom to be an unsafe herb, the German Commission E lists it as an effective agent for treating disorders of the:
 - a. pancreas.
 - b. heart.
 - c. kidney.
 - d. liver.
9. In Western world herbal medicine, buchu is used for ailments of the:
 - a. gastrointestinal tract.
 - b. respiratory tract.
 - c. urinary tract.
 - d. hepatobiliary tract.
10. A typical daily dosage range for bupleurum root is:
 - a. 5 to 25mg.
 - b. 50 to 100mg.
 - c. 250 to 500mg.
 - d. 1.5 to 6 grams.



Return for Educational Credit

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Bovine Cartilage to Bupleurum**

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COURSE EVALUATION

ANSWER SHEET

Evaluation Must Be Completed To Obtain Credit

How much time did this lesson require ?

Today's Date

1. a b c d
2. a b c d
3. a b c d
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EXPIRATION DATE:

1-15-07

Learning objectives on first page were addressed.

1 Disagree - 5 Agree

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|-------------|-----------|
| Objective 1 | 1 2 3 4 5 |
| Objective 2 | 1 2 3 4 5 |
| Objective 3 | 1 2 3 4 5 |
| Objective 4 | 1 2 3 4 5 |

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|---|-----------|
| Material was well organized and clear. | 1 2 3 4 5 |
| Content sufficiently covered the topic. | 1 2 3 4 5 |
| Material was non-commercial in nature. | 1 2 3 4 5 |