

Continuing Education Quiz

Natural Products: Coltsfoot to Cranberry

- A request for information on all of the following natural products refers to coltsfoot EXCEPT:
 - butterbur.
 - foalswort.
 - horsehoof.
 - salsify.
- The usefulness of coltsfoot is reportedly due to the soothing effects of which of the following components?
 - Allantoin
 - Alkaloids
 - Mucilage
 - Organic acids
- The American Herbal Products Association suggests that the warning "For external use only" be included on labels of:
 - coltsfoot.
 - comfrey.
 - conjugated linoleic acid.
 - cordyceps.
- The component of comfrey that reportedly may have healing activity is:
 - allantoin.
 - alkaloids.
 - mucilage.
 - organic acids.
- The prominent theory on the mechanism of action of conjugated linoleic acid is inhibition of lipoprotein:
 - amylase.
 - lipase.
 - oxidase.
 - protease.
- Copper is involved in the storage and release of which of the following minerals in the body?
 - Calcium
 - Fluoride
 - Iron
 - Magnesium
- The current Estimated Stated Safe and Adequate Dietary Intake for copper for adults is:
 - 0.1 to 1 mg daily.
 - 1.5 to 3 mg daily.
 - 4.5 to 6 mg daily.
 - 7.5 to 10 mg daily.
- Studies suggest that cordyceps might reduce the renal toxicity of:
 - cyclobenzaprine.
 - cyclooxygenase.
 - cyclophosphamide.
 - cyclosporine.
- The use of cranberry for treating urinary tract infections was based on the observation that it increased the urinary excretion of:
 - aminoacetic acid.
 - glucuronic acid.
 - hippuric acid.
 - mandelic acid.
- Proponents of the use of cranberry for urinary tract infections state that it contains a component which inhibits bacterial:
 - adherence to infection sites.
 - invasion into the urinary bladder.
 - mutation into pathogenic forms.
 - replication of progeny.

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Answer sheet may be copied as needed but original of answers is required.

COURSE EVALUATION

Evaluation Must Be Completed To Obtain Credit

How much time did this lesson require? _____

Today's Date _____

EXPIRATION DATE: 1-15-09

Learning objectives on first page were addressed.

1 Disagree - 5 Agree

Objective 1 1 2 3 4 5

Objective 2 1 2 3 4 5

Objective 3 1 2 3 4 5

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

Answer Sheet:

1. a b c d 6. a b c d

2. a b c d 7. a b c d

3. a b c d 8. a b c d

4. a b c d 9. a b c d

5. a b c d 10. a b c d