

# Continuing Education Quiz

## Natural Products:

### Creatine to Deer Velvet

- The human body synthesizes creatine from all of the following EXCEPT:
  - pyridoxine.
  - methionine.
  - glycine.
  - arginine.
- There is laboratory evidence that supplemental creatine is potentially a(an):
  - cholesterol-lowering agent.
  - insulin receptor blocker.
  - lean body mass builder.
  - liver function enhancer.
- Which of the following groups of people is reportedly more likely to respond to creatine supplementation?
  - Patients with diabetes
  - Patients with hypercholesterolemia
  - Smokers
  - Vegetarians
- There is evidence that supplemental creatine may enhance performance in:
  - high-intensity endurance sports.
  - high-intensity, short-term physical activities.
  - low-intensity endurance sports.
  - low-intensity, short-term physical activities.
- Manufacturers/distributors of creatine supplements include a labeling caution about the need for which of the following?
  - Adequate hydration
  - Reduced sugar intake
  - Adequate fiber
  - Reduced salt intake
- The recommended dose of creatine for heart failure is:
  - 1 gram daily for 5 to 10 days.
  - 2 grams daily for 5 to 10 days.
  - 10 grams daily for 5 to 10 days.
  - 20 grams daily for 5 to 10 days.
- Dandelion is also known as wild:
  - lettuce.
  - kale.
  - endive.
  - asparagus.
- The German Commission E approves the use of dandelion for all of the following conditions EXCEPT:
  - dyspeptic complaints.
  - erectile dysfunction.
  - loss of appetite.
  - urinary tract infections.
- In Chinese and Korean medicine, deer velvet is used to treat all of the following EXCEPT:
  - chronic ulcers.
  - impotence.
  - obesity.
  - uterine bleeding.
- The typical dose of deer velvet for prophylactic use is:
  - 20 to 30 mg.
  - 40 to 60 mg.
  - 200 to 300 mg.
  - 400 to 600 mg.

# Natural Products: Creatine to Deer Velvet

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**Answer sheet may be copies 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: 5-15-09**

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 |