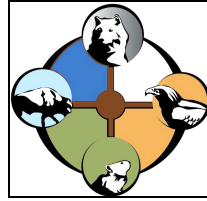


**G1104 Fundamentals of Nutrition
EXAM**



- 1) Take the Vitamin and Mineral IQ test found on page 1 of The Real Vitamin & Mineral Book.
- 2) What are vitamins and minerals?
- 3) What are the RDAs and the RDIs? What is the problem with such standards?
- 4) What is the ODI? How is it different than the RDA and RDI?
- 5) What are the Fat-Soluble Vitamins and what are they good for?
- 6) What is the difference between retinoid and carotenoid forms of Vit. A?
- 7) What is the ODI of Vit. A?
- 8) What are the signs of Vit. A toxicity and what does it take to have them?
- 9) What is the function of Vit. D?
- 10) How is Vit. D made?
- 11) What are the symptoms of Vit. D toxicity? Deficiency?
- 12) What is the function of Vit. E?
- 13) How is Vit. E an antioxidant?
- 14) What effect does Vit. E have in preserving the skin?
- 15) Why is Vit. K not considered a vitamin at all by many nutritionists?
- 16) Where does Vit. K come from?
- 17) What is the function of Vit. K?
- 18) What organism produces it?
- 19) What are the Water-Soluble Vitamins?
- 20) Why do we refer to the B Vitamins as a “Complex?”
- 21) What is the ODI for B-Complex Vitamins?

- 22) What is Thiamin?
- 23) What is the function of Vit. B1?
- 24) What are the signs of Vit. B1 deficiency?
- 25) What is Riboflavin?
- 26) What is the function of Vitamin B2?
- 27) Can you get too much?
- 28) What is Niacin?
- 29) What is the function of Vit. B3?
- 30) How does our body make Vit. B3?
- 31) What is the difference between Niacinamide and Nicotinic Acid (Niacin).
- 32) What is Pyridoxine?
- 33) What is the function of Vit. B6?
- 34) What is Cobalamin?
- 35) What is the ODI of Vit. B12?
- 36) What is Folic Acid?
- 37) What is the function of Folic Acid?
- 38) What is Pantothenic Acid?
- 39) What is its function?
- 40) What is the ODI of Pantothenic Acid?
- 41) What is Biotin?
- 42) What is the ODI of Biotin?
- 43) What is Choline?
- 44) What is its function?

- 45) What is Inositol?
- 46) What is its function?
- 47) What is PABA
- 48) What is its function?
- 49) What is Vitamin C?
- 50) What is the difference between Ascorbic Acid and Ester C?
- 51) What are the functions of Vit. C?
- 52) What are the signs of Vit. C deficiency?
- 53) What was formerly the name used to describe these symptoms?
- 54) What is the ODI for Ascorbic Acid?
- 55) What is the function of Calcium?
- 56) What is its ODI?
- 57) What is the function of Phosphorus?
- 58) What are some signs of Phosphorus deficiency?
- 59) What is one important problem with having too much Phosphorus?
- 60) What is the function of Magnesium?
- 61) What is the ODI for Magnesium?
- 62) What is the function of Zinc?
- 63) What is the ODI for Zinc?
- 64) What is the function of Iron?
- 65) Where is approx. 75% of our Iron found?
- 66) What are the best food sources of Iron?
- 67) What is the function of Copper in the body?

- 68) What are some of the symptoms of Copper toxicity?
- 69) Where does much of the heavy Copper found in women come from?
- 70) What is the function of Manganese?
- 71) What is the ODI for Manganese?
- 72) What is Chromium's primary function in the body?
- 73) What is the difference between Chromium Picolinate and Chromium Polynicotinate ? Which is better?
- 74) What is Selenium best known for?
- 75) What is the ODI for Selenium?
- 76) What organ of the body has the most need of Iodine?
- 77) Decreased levels of Potassium is associated with what disease?
- 78) What is the ODI of Potassium?
- 79) What organ group has the greatest need for Boron?
- 80) What is Coenzyme Q10 and are its function?
- 81) What is the difference between Essential Fatty Acids and Fats?
- 82) What type of Essential Fatty Acids does the body most need?
- 83) What is the proper ratio of EFAs?
- 84) What is a Flavonoid?
- 85) Where do they come from?
- 86) What are their functions?
- 87) What is the ODI for Flavonoids?
- 88) What are Glutathione and A-Acietylcysteine?
- 89) What is L-Carnatine?

- 90) What is the function of Melatonin?
- 91) What is DHEA?
- 92) What is its function?
- 93) From Nutritional Herbology, create a personal Mineral Supplement. Explain why you would use each herb.
- 94) What is Protein?
- 95) What is its function?
- 96) What is fat?
- 97) What is its purpose?
- 98) What is a carbohydrate?
- 99) What is its purpose?