

Dietary Supplements: Best Practices Workshop

Self-Assessment Quiz

- Best practices for recommending a basic multivitamin/mineral include all the following, except to (____).
 - Take with food
 - Choose a one-a-day formula for best absorption
 - Choose chelated minerals
 - Choose formulas with minimal "fillers"
- True or false: When choosing a multi vitamin, all women of child bearing years should be sure to choose one with iron.
 - TRUE
 - FALSE
- Higher dosing of functional ingredients may be achieved by bypassing the GI system. What is this type of therapy referred to as?
 - Nutritional therapy
 - Nutritional IV therapy
 - Aromatherapy
 - Psychotherapy
- The most preferred options for supplement delivery include all but which of the following?
 - Capsule
 - Liquid
 - Tablet
 - Gummy
 - Powder
- What is an ideal chelating agent due to its small size?
 - Citrate
 - Glycine
 - Arginine
 - Malate
- What are two recommended methods to help with pill swallowing?
 - Pop-bottle method
 - Backwards head tilt method
 - Lean Forward method
 - Let it float method for tablets
- When choosing a pill storage container, be sure it is
 - Clear plastic to better see the pills inside
 - Opaque plastic to better shield light
 - The largest you can find to store the most pills
 - Small so it fits in the bathroom medicine cabinet