

Vitamins

1. The condition of excess intake of vitamins is called _____

- a) denaturation
- b) renaturation
- c) avitaminoses
- d) hypervitaminoses

Answer: d

2. Which of the following vitamins are stored in human tissues?

- a) B₁
- b) B₂
- c) B₆
- d) K

Answer: d

3. Which of the following water-soluble vitamins are stored in the body?

- a) B₂
- b) B₄
- c) B₁₂
- d) C

Answer: c

4. Vitamin B₂ is also known as _____

- a) thiamine
- b) riboflavin
- c) cobalamin
- d) pyridoxine

Answer: b

5. Retinol is vitamin ____

- a) A
- b) C
- c) D
- d) K

Answer: a

5. Cyanocobalamin is used for the treatment of deficiency of which vitamin?

- a) B₂
- b) B₁₂
- c) E
- d) K

Answer: b

6. Deficiency of ascorbic acid in diet causes _____

- a) scurvy
- b) beri beri
- c) rickets
- d) cheilosis

Answer: a

7. The class of compounds showing vitamin E activity are called _____

- a) phytomenadiones
- b) tocopherols
- c) ergocalciferols
- d) pyridoxines

Answer: b

8. Which vitamin can be obtained from sunlight?

- a) A
- b) H
- c) D
- d) E

Answer: c

9. Which of the following compounds is usually not produced by the human body?

- a) Hormones
- b) Nucleic acids
- c) Vitamins
- d) Enzymes

Answer: c

10. Which of the following statement is incorrect?

- a) Vitamin deficiency causes diseases
- b) Excess vitamin intake is harmful

- c) Vitamins contain amino groups
- d) Vitamins can be produced by plants

Answer: c

11. Which of the following vitamins are soluble in water?

- a) A
- b) C
- c) D
- d) E

Answer: b

Livemcqs.com