PROBLEM SET – PHYTOESTROGENS

Fill in the following
Aspirin was first synthesized from the _________________ in 1763.

The active ingredient in REMIFEMIN is
  a) ginseng
  b) black cohosh
  c) mexican yam
  d) french tomatoe
  e) cayenne pepper

The PDR for Herbal Medicine is the Definitive authoritative reference for prescribing phytoestrogens. T F

Which of the following does not fit
  a) does not have to be proven safe
  b) does not have to be proven effective
  c) does not need to have the label state the quantity in the package
  d) does not need to be made to manufacturing standards
  e) may not be removed from the marker until proven dangerous

Which of the following is not considered a food additive or nutritional supplement ?
  a) minerals
  b) vitamins
  c) herbs
  d) amino acids
  e) aspirin

Red Clover disease caused the sheep who grazed on it to
  a) become infertile
  b) to become sexually aggressive
  c) to have multiple gestations (twins)
  d) to become amenrrheic
  e) to have a post-partum hemorrhage

Which of the following is not a phyto-estrogen ?
  a) isoflavones
  b) lignans
  c) coumestans
  d) resocyclic acid
  e) digitalis
The following is required to bind to the estrogen receptor.
   a) heterocyclic phenol and phenol
   b) 2 amino-acids
   c) 3 amino-acids
   d) 3 phenol groups
   e) an ethinyl group

Which of the following (pick all that are correct) are rich in isoflavones?
   a) soy flour
   b) soynuts
   c) miso
   d) tofu
   e) tofutti

Isoflavones are metabolized differently by individuals. One of the explanations for this is
   a) absence of equol
   b) identical transit time
   c) host immunity
   d) PH
   e) Antibiotics

Indicate which of the following are flat or relatively flat
   a) natural estrogens
   b) coumestans
   c) lignans
   d) isoflavones
   e) DES