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1. What is the primary function of Vitamin D in the body?

- A) Antioxidant
- B) Vision
- C) Calcium absorption
- D) Blood clotting





1. What is the primary function of Vitamin D in the body?

- A) Antioxidant
- B) Vision
- C) Calcium absorption
- D) Blood clotting





2. Which vitamin is known for its role in vision and immune function?

- A) Vitamin E
- B) Vitamin A
- C) Vitamin K
- D) Vitamin D





2. Which vitamin is known for its role in vision and immune function?

- A) Vitamin E
- B) Vitamin A
- C) Vitamin K
- D) Vitamin D





3. What is the primary dietary source of Vitamin F?

- A) Green leafy vegetables
- B) Fish
- C) Nuts and seeds
- D) Dairy products





3. What is the primary dietary source of Vitamin

E?

- A) Green leafy vegetables
- B) Fish
- C) Nuts and seeds
- D) Dairy products





4. Which condition is associated with Vitamin K deficiency?

- A) Rickets
- B) Hemorrhagic disease of the newborn
- C) Scurvy
- D) Pellagra





4. Which condition is associated with Vitamin K deficiency?

- A) Rickets
- B) Hemorrhagic disease of the newborn
- C) Scurvy
- D) Pellagra





5. Excessive consumption of which vitamin can interfere with blood coagulation?

- A) Vitamin A
- B) Vitamin D
- C) Vitamin E
- D) Vitamin K





5. Excessive consumption of which vitamin can interfere with blood coagulation?

- A) Vitamin A
- B) Vitamin D
- C) Vitamin E
- D) Vitamin K





6. Vitamin A deficiency is commonly seen in:

- A) Children in developed countries
- B) Individuals with malabsorption syndromes
- C) Pregnant women only
- D) Elderly populations only





- 6. Vitamin A deficiency is commonly seen in:
- A) Children in developed countries
- B) Individuals with malabsorption syndromes
- C) Pregnant women only
- D) Elderly populations only





7. Which of the following is NOT a function of Vitamin D?

- A) Regulating calcium levels
- B) Promoting phosphate absorption
- C) Aiding in protein synthesis
- D) Supporting immune function





7. Which of the following is NOT a function of Vitamin D?

- A) Regulating calcium levels
- B) Promoting phosphate absorption
- C) Aiding in protein synthesis
- D) Supporting immune function





8. Which vitamin has the highest risk of toxicity due to its fat solubility?

- A) Vitamin A
- B) Vitamin D
- C) Vitamin E
- D) All of the above





8. Which vitamin has the highest risk of toxicity due to its fat solubility?

- A) Vitamin A
- B) Vitamin D
- C) Vitamin E
- D) All of the above





9. Vitamin D2 is also known as:

- A) Cholecalciferol
- B) Ergocalciferol
- C) Retinol
- D) Tocopherol





- 9. Vitamin D2 is also known as:
- A) Cholecalciferol
- B) Ergocalciferol
- C) Retinol
- D) Tocopherol





10. Which of the following is a precursor of Vitamin A?

- A) Ergocalciferol
- B) Beta-carotene
- C) Phylloquinone
- D) Tocopherol





10. Which of the following is a precursor of Vitamin A?

- A) Ergocalciferol
- B) Beta-carotene
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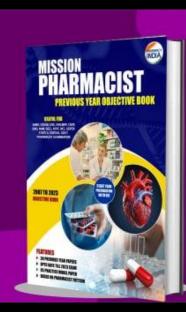




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11. The recommended dietary allowance (RDA) for Vitamin E is primarily focused on its:

- A) Role in calcium metabolism
- B) Antioxidant properties
- C) Role in blood clotting
- D) Effect on vision





11. The recommended dietary allowance (RDA) for Vitamin E is primarily focused on its:

- A) Role in calcium metabolism
- B) Antioxidant properties
- C) Role in blood clotting
- D) Effect on vision





12. Which of the following vitamins is not stored in the body?

- A) Vitamin B12
- B) Vitamin C
- C) Niacin
- D) Thiamine





12. Which of the following vitamins is not stored in the body?

- A) Vitamin B12
- B) Vitamin C
- C) Niacin
- D) Thiamine





13. Which vitamin is known to lower cholesterol levels?

- A) Niacin
- B) Riboflavin
- C) Vitamin C
- D) Thiamine





13. Which vitamin is known to lower cholesterol levels?

- A) Niacin
- B) Riboflavin
- C) Vitamin C
- D) Thiamine





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14. Which vitamin is essential for the synthesis of neurotransmitters such as serotonin?

- A) Vitamin B12
- B) Folate
- C) Vitamin B6
- D) Vitamin C



14. Which vitamin is essential for the synthesis of neurotransmitters such as serotonin?

- A) Vitamin B12
- B) Folate
- C) Vitamin B6
- D) Vitamin C





15. Which water-soluble vitamin is involved in fat metabolism?

- A) Niacin
- B) Thiamine
- C) Vitamin B12
- D) Folate





15. Which water-soluble vitamin is involved in fat metabolism?

- A) Niacin
- B) Thiamine
- C) Vitamin B12
- D) Folate





16. Which of the following is a symptom of Vitamin B2 deficiency?

- A) Dermatitis
- B) Glossitis
- C) Anemia
- D) All of the above





16. Which of the following is a symptom of Vitamin B2 deficiency?

- A) Dermatitis
- B) Glossitis
- C) Anemia
- D) All of the above





17. Deficiency in which vitamin can lead to peripheral neuropathy?

- A) Vitamin B1
- B) Vitamin B3
- C) Vitamin B6
- D) All of the above





17. Deficiency in which vitamin can lead to peripheral neuropathy?

- A) Vitamin B1
- B) Vitamin B3
- C) Vitamin B6
- D) All of the above





18. Which vitamin is vital for the metabolism of fatty acids?

- A) Vitamin B1
- B) Vitamin B5 (Pantothenic acid)
- C) Vitamin C
- D) Vitamin B12





18. Which vitamin is vital for the metabolism of fatty acids?

- A) Vitamin B1
- B) Vitamin B5 (Pantothenic acid)
- C) Vitamin C
- D) Vitamin B12





19. What is the recommended dietary allowance (RDA) for Vitamin C in adults?

A) 30 mg

B) 60 mg

C) 90 mg

D) 120 mg





19. What is the recommended dietary allowance (RDA) for Vitamin C in adults?

- A) 30 mg
- B) 60 mg
- **C)** 90 mg
- D) 120 mg



20. Which water-soluble vitamin is known for its antioxidant properties?

- A) Vitamin B6
- B) Vitamin C
- C) Niacin
- D) Riboflavin



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20. Which water-soluble vitamin is known for its antioxidant properties?

- A) Vitamin B6
- B) Vitamin C
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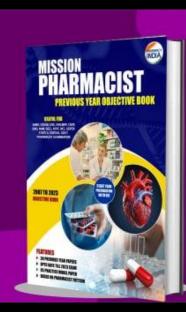
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21. Which vitamin is important for healthy skin and vision?

- A) Vitamin B2
- B) Vitamin C
- C) Vitamin B6
- D) Vitamin B3



21. Which vitamin is important for healthy skin and vision?

- A) Vitamin B2
- B) Vitamin C
- C) Vitamin B6
- D) Vitamin B3





22. Which vitamin is important for DNA synthesis and repair?

- A) Vitamin B6
- B) Folate
- C) Vitamin C
- D) Niacin





22. Which vitamin is important for DNA synthesis and repair?

- A) Vitamin B6
- B) Folate
- C) Vitamin C
- D) Niacin





23. Which of the following vitamins is not synthesized in the human body?

- A) Vitamin C
- B) Vitamin B12
- C) Vitamin B3
- D) Vitamin B2





- 23. Which of the following vitamins is not synthesized in the human body?
- A) Vitamin C
- B) Vitamin B12
- C) Vitamin B3
- D) Vitamin B2





24. Which water-soluble vitamin is crucial for neurotransmitter synthesis?

- A) Vitamin B6
- B) Vitamin B12
- C) Niacin
- D) Folate





24. Which water-soluble vitamin is crucial for neurotransmitter synthesis?

- A) Vitamin B6
- B) Vitamin B12
- C) Niacin
- D) Folate





25. Which vitamin acts as a coenzyme in carbohydrate metabolism?

- A) Vitamin B1
- B) Vitamin B2
- C) Vitamin B3
- D) All of the above





25. Which vitamin acts as a coenzyme in carbohydrate metabolism?

- A) Vitamin B1
- B) Vitamin B2
- C) Vitamin B3
- D) All of the above





26. Which of the following is a primary source of Vitamin B12 (Cobalamin)?

- A) Leafy greens
- B) Fish and meat
- C) Whole grains
- D) Nuts





26. Which of the following is a primary source of Vitamin B12 (Cobalamin)?

- A) Leafy greens
- B) Fish and meat
- C) Whole grains
- D) Nuts





27. Which vitamin is involved in the formation of red blood cells?

- A) Vitamin B9 (Folate)
- B) Vitamin C
- C) Vitamin B12
- D) Both A and C





27. Which vitamin is involved in the formation of red blood cells?

- A) Vitamin B9 (Folate)
- B) Vitamin C
- C) Vitamin B12
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28. A deficiency in Vitamin B2 (Riboflavin) can lead to:

- A) Pellagra
- B) Beriberi
- C) Angular cheilitis
- D) Scurvy





28. A deficiency in Vitamin B2 (Riboflavin) can lead to:

- A) Pellagra
- B) Beriberi
- C) Angular cheilitis
- D) Scurvy





29. What is the primary function of Vitamin B1 (Thiamine)?

- A) DNA synthesis
- B) Energy metabolism
- C) Antioxidant protection
- D) Blood clotting





29. What is the primary function of Vitamin B1 (Thiamine)?

- A) DNA synthesis
- B) Energy metabolism
- C) Antioxidant protection
- D) Blood clotting





30. Folate is especially important during which life stage?

- A) Infancy
- B) Adolescence
- C) Pregnancy
- D) Elderly





30. Folate is especially important during which life stage?

- A) Infancy
- B) Adolescence
- C) Pregnancy
- D) Elderly

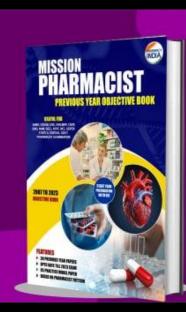




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31. Weakness in muscles and increase in the fragility of red blood cells is caused due to the

- (a) Deficiency of vitamin E
- (b) Deficiency of vitamin D
- (c) Deficiency of vitamin C
- (d) Deficiency of vitamin A





31. Weakness in muscles and increase in the fragility of red blood cells is caused due to the

- (a) Deficiency of vitamin E
- (b) Deficiency of vitamin D
- (c) Deficiency of vitamin C
- (d) Deficiency of vitamin A





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32. Which of the following statements is false about Ascorbic acid?

- (a) It shows antioxidant activity
- (b) It is a strong reducing agent
- (c) It can be synthesized in the body
- (d) Involved in the hydroxylation of prolyl- and lysyl-residues of collagen



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32. Which of the following statements is false about Ascorbic acid?

- (a) It shows antioxidant activity
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33. Name the structure analog of vitamin K, which is used as anticoagulant?

- a) Warfarin
- b) Tocopherol
- c) Ergocalciferol
- d) β-carotene



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33. Name the structure analog of vitamin K, which is used as anticoagulant?

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34. Which of the following vitamins has the ability to act as both a visual pigment and a hormone at the same time?

- (a) Thiamine.
- (b) Folic acid.
- (c) Riboflavin.
- (d) Retinal.



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34. Which of the following vitamins has the ability to act as both a visual pigment and a hormone at the same time?

- (a) Thiamine.
- (b) Folic acid.
- (c) Riboflavin.
- (d) Retinal.



35. Vitamin D helps in the absorption of which of the following elements?

- (a) Iodine and Calcium
- (b) Iron and Iodine
- (c) Calcium and Iron
- (d) Calcium and Magnesium





35. Vitamin D helps in the absorption of which of the following elements?

- (a) Iodine and Calcium
- (b) Iron and Iodine
- (c) Calcium and Iron
- (d) Calcium and Magnesium





36. Vitamin A or retinal is a

- (A) Steroid
- (B) Polyisoprenoid compound containing a cyclohexenyl ring
- (C) Benzoquinone derivative
- (D) 6-Hydroxychromane





- 36. Vitamin A or retinal is a
- (A) Steroid
- (B) Polyisoprenoid compound containing a cyclohexenyl ring
- (C) Benzoquinone derivative
- (D) 6-Hydroxychromane





37. β-Carotene, precursor of vitamin A, is oxidatively cleaved by

- (A) β-Carotene dioxygenase
- (B) Oxygenase
- (C) Hydroxylase
- (D) Transferase





37. β-Carotene, precursor of vitamin A, is oxidatively cleaved by

- (A) β-Carotene dioxygenase
- (B) Oxygenase
- (C) Hydroxylase
- (D) Transferase





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38. Concentration of pyruvic acid and lactic acid in blood is increased due to deficiency of the vitamin

- (A) Thiamin
- (B) Riboflavin
- (C) Niacin
- (D) Pantothenic acid



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38. Concentration of pyruvic acid and lactic acid in blood is increased due to deficiency of the vitamin

- (A) Thiamin
- (B) Riboflavin
- (C) Niacin
- (D) Pantothenic acid



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39. 'Burning foot syndrome' has been ascribed to the deficiency of

- (A) Pantothenic acid
- (B) Thiamin
- (C) Cobalamin
- (D) Pyridoxine



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39. 'Burning foot syndrome' has been ascribed to the deficiency of

- (A) Pantothenic acid
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- (C) Cobalamin
- (D) Pyridoxine



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40. During deficiency of thiamine the concentration of the following compound rises in blood and intracellular fluid:

- (A) Glycogen
- (B) Sugar
- (C) Amino acids
- (D) Pyruvic acid



40. During deficiency of thiamine the concentration of the following compound rises in blood and intracellular fluid:

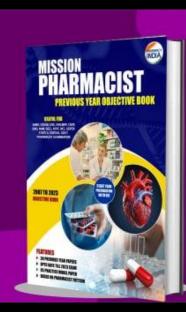
- (A) Glycogen
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- (D) Pyruvic acid



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42. Which of the following vitamins contain metal atoms?

- a) Riboflavin
- b) Vitamin B12
- c) Vitamin A
- d) Vitamin B6





42. Which of the following vitamins contain metal atoms?

- a) Riboflavin
- b) Vitamin B12
- c) Vitamin A
- d) Vitamin B6





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43. The Haemorrhagic disease of the newborn is caused to the deficiency of

- a) Vitamin K
- b) Vitamin B12
- c) Vitamin A
- d) Vitamin B6



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43. The Haemorrhagic disease of the newborn is caused to the deficiency of

- a) Vitamin K
- b) Vitamin B12
- c) Vitamin A
- d) Vitamin B6



44. Which one of the following pairs is not correctly matched?

- a) Vitamin C- Scurvy
- b) Vitamin B3- Pellagra
- c) Vitamin B2- Pernicious Anaemia
- d) Vitamin B1- Beri beri





44. Which one of the following pairs is not correctly matched?

- a) Vitamin C- Scurvy
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45. Which is a major essential lipophilic vitamin required for the protection of cell membranes and the formation of RBCs?

- a) Vitamin A
- b) Vitamin E
- c) Vitamin D
- d) More than one of the above



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45. Which is a major essential lipophilic vitamin required for the protection of cell membranes and the formation of RBCs?

- a) Vitamin A
- b) Vitamin E
- c) Vitamin D
- d) More than one of the above



46. The cause of short-term or acute vitamin A poisoning is due to

- (a) Eating the liver of Mule deer
- (b) Eating the liver of Buffalo
- (c) Eating the liver of Ostrich
- (d)Eating the liver of Polar bear



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- (a) Eating the liver of Mule deer
- (b) Eating the liver of Buffalo
- (c) Eating the liver of Ostrich
- (d) Eating the liver of Polar bear



47. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects?

- (a) Thiamin
- (b) Folic acid
- (c) Vitamin C
- (d) Vitamin E





47. Which of the following is the most essential nutrient for a woman during her initial stages of pregnancy to prevent birth defects?

- (a) Thiamin
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- (c) Vitamin C
- (d) Vitamin E





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48. Which of the following food sources has the highest levels of vitamin C?

- (a) Parsley
- (b) Broccoli
- (c) Black currants
- (d) Orange juice



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48. Which of the following food sources has the highest levels of vitamin C?

- (a) Parsley
- (b) Broccoli
- (c) Black currants
- (d) Orange juice



49. Who is most likely to develop scurvy – A vitamin C deficiency?

- (a) A pregnant woman
- (b) A malnourished child
- (c) A long-time alcoholic
- (d) A person with the eating disorder anorexia nervosa



49. Who is most likely to develop scurvy – A vitamin C deficiency?

- (a) A pregnant woman
- (b) A malnourished child
- (c) A long-time alcoholic
- (d) A person with the eating disorder anorexia nervosa



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50. Which of the following vitamin functions as both, hormone and visual pigment?

- (a) Thiamine
- (b) Retinal
- (c) Riboflavin
- (d) Folic acid



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50. Which of the following vitamin functions as both, hormone and visual pigment?

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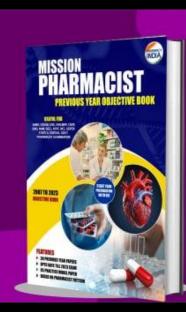
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