

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 amenorrheic
- 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