

# Nutrition Basics Quiz

## See if you know the basics...

### QUIZ

An orange that contained 50 mg of natural vitamin C complex in 1950 now contains \_\_\_\_\_mg.

Synthetic supplements can unbalance a persons \_\_\_\_\_.

According to Dr. Lee, a natural combination of Vitamin B Complex is from \_\_\_\_\_ times more potent in humans unit for unit than a synthetic complex.

Vitamin E loses up to \_\_\_\_\_% of its potency when separated from its natural synergists.

In Dr. Barnett Sure's study of pigs fed synthetic B vitamins, the results were that \_\_\_\_\_ of the first generation offspring were \_\_\_\_\_.

In 1929, Dr. Lee formulated \_\_\_\_\_ a concentrated multiple vitamin, trace mineral and enzyme product.

What is the richest source of vitamin E complex ? \_\_\_\_\_.

Consumption of large quantities of \_\_\_\_\_ produce large quantities of insulin.

Some cholesterol comes from food, but \_\_\_\_\_% is produced by the body itself, mostly in the liver.

Any carbohydrate is metabolized exactly like \_\_\_\_\_.

In order to digest food, stay immune from parasites, and avoid getting candida; you must have plenty of \_\_\_\_\_ in your stomach.

Protein intake for women should be \_\_\_\_\_ grams / day. Men should be \_\_\_\_\_ grams / day.

Did you pass??? If not, get your hands on a copy of the book "Back to the Basics of Human Health" by going to: <https://drloripuskar.com/shop-bogo?olsPage=products%2Fback-to-basics-of-human-health>



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