



Back to Basics Quiz

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Read “Back To The Basics Of Human Health” and complete the Quiz below.

QUIZ

1. An orange that contained 50 mg of natural vitamin C complex in 1950 now contains ____ mg.
2. Who is the founder of Standard Process? _____.
3. 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.
4. Vitamin E loses up to _____% of its potency when separated from its natural synergists.
5. In Dr. Barnett Sure’s study of pigs fed synthetic B vitamins, the results were that _____ of the first-generation offspring were _____.
6. In 1929, Dr. Lee formulated _____ a concentrated multiple vitamin, trace mineral and enzyme product.
7. What is the richest source of vitamin E complex? _____.
8. Consumption of large quantities of _____ produce large quantities of insulin.
9. Some cholesterol comes from food, but _____% is produced by the body itself, mostly in the liver.
10. Any carbohydrate is metabolized exactly like _____.
11. In order to digest food, stay immune from parasites, and avoid getting candida; you must have plenty of _____ in your stomach.
12. Protein intake for women should be _____ grams / day. Men should be _____ grams / day.