

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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Illinois Practice Edge, March 30 and April 20, 2023

UNDERSTANDING THE RELATIONSHIP BETWEEN NUTRITION AND HEADACHES March 30

1. Which of the following is the relation of ounces of water in relation to body weight?
 - A. One-fourth
 - B. One-third
 - C. One-half
 - D. Two-thirds
2. Which of the following foods contains tyramine?
 - A. Aged cheese
 - B. Processed cheese
 - C. Fried rice
 - D. Roast beef
3. Which of the following minerals has a role in muscle and nerve function, blood sugar regulation and blood pressure control?
 - A. Calcium
 - B. Magnesium
 - C. Potassium
 - D. Sodium

PART 2 April 20

4. Which of the following forms of magnesium can upset the bowel function?
 - A. Mg threonate
 - B. Mg glycinate
 - C. Mg Citrate
 - D. Mg oxide
5. Which of the following B vitamins may be used for headaches?
 - A. 1
 - B. 2
 - C. 6
 - D. 12
6. How much vitamin D in IU is recommended, if the vitamin D level is significantly low?
 - A. 2,000
 - B. 4,000
 - C. 6,000
 - D. 10,000

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I attest that I have read the articles and answered the test questions for this issue 03/30 & 4/20/23.

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