

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

To earn credit, read the CME credit articles and the answer the questions below. Circle your answer and return to the ICS per instructions at the end of the quiz. To earn credit, a minimum score of 70% must be obtained. Each quiz may be submitted only once for credit consideration and must be submitted within one year after the date of issue.

Illinois Practice Edge, August 21, 2025

UNCOVERING NUTRITIONAL TRIGGERS IN CHRONIC HEADACHE PATIENTS

1. How long should a headache trigger be eliminated from a patient's diet?
 - A. 7 days
 - B. 2 weeks
 - C. 3 weeks
 - D. 1 month
2. Which of the following is the most commonly associated mineral in headache etiology?
 - A. Manganese
 - B. Iron
 - C. Magnesium
 - D. Calcium
3. Which of the following may induce diarrhea?
 - A. Mg citrate
 - B. Mg oxide
 - C. Mg threonate
 - D. Mg glycinate

4. What is the optimal therapeutic range for Vitamin D3, in ng/ml?
 - A. 30 – 40
 - B. 40 – 50
 - C. 50 – 60
 - D. 60 – 80
5. Which of the following can be depleted by statins?
 - A. Vitamin D3
 - B. Coenzyme Q10
 - C. Magnesium
 - D. Riboflavin
6. What is the traditional recommended daily water intake, in oz, in relation to the body weight in lbs.?
 - A. 1/4
 - B. 1/3
 - C. 1/2
 - D. 2/3

PRINT NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

I attest that I have read the articles and answered the test questions for this issue 8/21/2025.

SIGNATURE: _____ DATE: _____

To receive credit, mail this page with a self-addressed stamped envelope and a check, when fee* is applicable to:

ILLINOIS CHIROPRACTIC SOCIETY
P O BOX 9448
SPRINGFIELD, IL 62791

ICS SPONSOR VALIDATION OF ONE CME CREDIT CATEGORY 1:

DATE _____

KEEP THIS FORM FOR YOUR RECORDS

*** \$10 ICS General and Associate Members in good standing, \$40.00 Non-Members**

The Illinois Chiropractic Society's Continuing Medical Education Committee will approve this educational activity for one category 1 credit hour with the following disclaimer:

"Illinois Chiropractic Society sanctioning of any Continuing Medical Education activity is in accordance with applicable rules of the Illinois Department of Financial and Professional Regulation. The Illinois Chiropractic Society makes no representation, either directly or indirectly, that the substantive matter being presented is within the scope of chiropractic licensing in every jurisdiction. The questions and answers are based solely on the articles as published, and neither the ICS nor their contractors, officers, or personnel investigate, endorse or approve any statement of fact or opinion, which are solely the responsibility of the authors and sources of information."