

VITAMINS

I-MCQ:

Choose the correct answer:

1. Pellagra is mostly due to deficiency of:

- a) ascorbic acid.
- b) pantothenic acid.
- c) pyridoxine.
- d) niacin.

2. Vitamin synthesized by the intestinal bacteria is:

- a) C.
- b) K.
- c) A.
- d) D.

3. Pernicious anemia is caused by deficiency of vitamin:

- a) C.
- b) B1.
- c) B2.
- d) B12.

4. Which one of the following vitamins is not fat-soluble?

- a) A.
- b) C.
- c) D.
- d) K.

5. Which one of the following is not a manifestation of vitamin D deficiency?

- a) Head is normal in size.
- b) Chest has protruded sternum.
- c) Vertebral column appears with kyphosis or scoliosis.
- d) Pelvis is contracted.

6. Neural tube defect in fetus could be prevented by supplementation of the pregnant female with:

- a) vitamin C.
- b) folic acid.
- c) vitamin A.
- d) vitamin B₁₂.

7. Which of the following vitamins acts as coenzyme for transamination reaction?

- a) nicotinamide.
 - b) biotin.
 - c) thiamine pyrophosphate.
 - d) pyridoxal phosphate.
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- 8. Disturbances in the coagulation process may be caused by deficiency of vitamin:**
- C.
 - A.
 - D.
 - K.
- 9. In children, a severe deficiency of vitamin D causes:**
- osteoporosis.
 - osteomalacia.
 - rickets.
 - osteogenesis imperfecta.
- 10. Beriberi is caused by a deficiency of:**
- pyridoxine.
 - thiamine.
 - niacin.
 - riboflavin.
- 11. Which of the following pairs is not correctly matched?**
- Folic acid- Pellagra
 - Vitamin B12- Pernicious anemia
 - Vitamin C – Scurvy
 - Vitamin A- Night blindness
- 12. Which of these is a vitamin A precursor?**
- Cobalamin
 - Pyridoxine
 - Beta-Carotene
 - Thiamine
- 13. Osteomalacia in adults is caused due to deficiency of:**
- Vitamin A
 - Vitamin D
 - Vitamin E.
 - Vitamin C
- 14. The active form of vitamin D is**
- Calcidiol
 - Calcitriol
 - Cholecalciferol
 - 7- Dehydrocholesterol
- 15. A fat-soluble vitamin that regulates blood clotting is**
- Vitamin A
 - Vitamin K
 - Vitamin C
 - Niacin
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16. Deficiency of Vitamin C causes:

- a) Back Pain
- b) Night Blindness
- c) Muscle Pain
- d) Scurvy

17. Vitamin C is required for the production and maintenance of:

- a) Collagen
- b) Hormone
- c) Ascorbic Acid
- d) Red Blood Cells

18. A deficiency of niacin causes:

- a) scurvy
- b) cataract
- c) anemia
- d) pellagra

19. Vitamin B-12 deficiency caused by lack of intrinsic factor is called:

- a) Pernicious anemia
- b) Hypochromic anemia
- c) Beri Beri
- d) Pellagra

20. Neurological manifestations are present in:

- a) Riboflavin (B2) deficiency
- b) B12 deficiency
- c) Vitamin C deficiency
- d) Vitamin A deficiency

21. Vitamin C increases the intestinal absorption of:

- a) Potassium
- b) Iodine
- c) Iron
- d) Sodium

22. The vitamin required as coenzyme for the action of transaminases is:

- a) Niacin
- b) Pantothenic acid
- c) Pyridoxal phosphate
- d) Riboflavin

23. Pellagra preventing factor is:

- a) Thiamin
- b) Riboflavin
- c) Niacin
- d) Pyridoxine

24. The vitamin required for the formation of hydroxyproline (in collagen) is

- a) Vitamin C
- b) Vitamin E
- c) Vitamin A
- d) Vitamin D

25. Riboflavin (B2) deficiency causes:

- a) Dermatitis
- b) Glossitis (magenta tongue) and angular stomatitis
- c) Diarrhea
- d) Peripheral neuritis

26. One of the following is not an antioxidant:

- a) Vitamin A
- b) Vitamin C
- c) Vitamin E
- d) Vitamin K

27. In children, a severe deficiency of vitamin D causes:

- a) osteoporosis.
- b) osteomalacia.
- c) rickets.
- d) osteogenesis imperfecta.

28. Vitamin D:

- a) Its active form is: 25 cholecalciferol.
- b) Its deficiency causes anemia.
- c) Increases Ca^{2+} absorption from the intestine.
- d) It is water soluble vitamin.

29. Pantothenic acid (B5):

- a) Is a fat soluble vitamin.
- b) Its active form is CoASH.
- c) Its deficiency causes bleeding gums.
- d) It has an essential role in vision

30. Which vitamin deficiency may lead to anemia?

- a) Vitamin C
- b) Vitamin B1
- c) Vitamin D
- d) Vitamin A

31. Which one of these vitamins has antioxidant effect:

- a) Biotin
- b) Folate
- c) Thiamine
- d) Vitamin E

32. Deficiency of pantothenic acid (B5) causes:

- a) Dermatitis
- b) Pernitious anemia
- c) Fatty liver
- d) Convulsions

33. Sulfonamides are antagonists of:

- a) Pyridoxine (B6)
- b) Folic acid
- c) Vitamin K
- d) Vitamin B12

34. Vitamin C:

- a) Is a fat soluble vitamin.
- b) Its deficiency causes pernicious anemia.
- c) Its deficiency causes bleeding gums due to synthesis of abnormal collagen.
- d) Its active form is PLP

35. Which vitamin deficiency may lead to megaloblastic anemia?

- a) Vitamin B1
- b) Vitamin B12
- c) Vitamin E
- d) Vitamin K

36. Which one of these vitamins is involved in calcium homeostasis?

- a) Vitamin B2
- b) Vitamin C
- c) Vitamin D
- d) Vitamin K

MCQ Answers

1 -d	2 -b	3 -d	4 -b	5 -a	6 - b	7- d	8 -d	9- c	10- b
11- a	12- c	13- b	14- b	15- b	16- d	17- a	18- d	19- a	20- b
21- c	22- c	23- c	24- a	25- b	26- d	27- c	28- c	29 -b	30- a
31- d	32-c	33-b	34-c	35-b	36-c				