



American Clinical Board of Nutrition



A Certification Agency in Nutrition Accredited by the National Commission for Certifying Agencies

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DACBN Exam Practice Questions

1. The office visit at 6 months reveals the patient has become pregnant and has a history of contraceptive use and is developing carpal tunnel syndrome. What nutrient is most commonly deficient?
 - a. Vitamin E
 - b. Vitamin B6
 - c. Vitamin D
 - d. Vitamin B2

Answer C

2. At the patient's 3 month evaluation, they report urine testing showing the presence of high and frequent ketones daily. They also say they have lower energy and fatigue easily. It is most likely they need to daily increase their intake of what food group?
 - a. Lipids
 - b. Proteins
 - c. Carbohydrates
 - d. Fats

Answer C

3. On a 6 month follow-up evaluation the patient tooth enamel is showing early signs of mottling. What are they most likely getting in excess?
 - a. Boron
 - b. Chlorine
 - c. Silica
 - d. Fluorine

Answer D

4. Anticoagulants should not be taken with which of the following analgesics?
 - a. Acetaminophen
 - b. Pentazocine
 - c. Hydrocodone
 - d. Aspirin

Answer D

5. A strict vegetarian diet that does not include foods of animal origin may create what deficiency?
 - a. Cobalamin
 - b. Pyridoxine
 - c. Nicotinic Acid
 - d. Folic Acid

ACBN Headquarters: 1665 East 31st Street Brooklyn, NY 11234 | (540) 635-8844 | contact@acbn.org

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Answer A

6. Which vitamin is necessary for the formation of collagen, the maintenance of capillaries, bone, and teeth, the promotion of iron absorption and the protection of vitamins and minerals from oxidation?
- Vitamin C
 - Vitamin D
 - Vitamin E
 - Vitamin A

Answer A

7. Which vitamin is synthesized by bacteria, fungi and algae, but not by yeast, plants, or animals?
- Thiamin
 - Riboflavin
 - Niacin
 - Folate

Answer D

8. Which is the primary anion in the extracellular fluid:
- Sodium
 - Chloride
 - Potassium
 - Carbon Dioxide

Answer B

9. Which is the major extracellular cation, primarily involved in the maintenance of fluid balance and acid-base balance?
- Chloride
 - Potassium
 - Sodium
 - Phosphorus

Answer C

10. What vitamin functions as a CoEnzyme transporting single carbon groups from one compound to another in amino acid metabolism and nucleic acid synthesis?
- Thiamin
 - Riboflavin
 - Niacin
 - Folate

Answer D

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