

Certified Flavonoid Specialist Exam

Questions:

1. **True or False:** There are currently over 6,000 flavonoids which have been identified in nature.

- a. True
- b. False

2. All of the following are classes of flavonoids **except**:

- a. Flavonols
- b. Anthocyanins
- c. Cannabinoids
- d. Flavones
- e. Isoflavones

3. Which of the following are ways in which flavonoids help plants survive?

- a. By acting as a UV filter
- b. By assisting with environmental changes
- c. As an attractant for pollinators
- d. All of the above

4. This class of flavonoids is commonly found in soybeans, legumes and soy products.

- a. Flavonols
- b. Isoflavones
- c. Flavones
- d. Trichomes

5. **True or False:** Some of the reported health benefits of anthocyanins include improvements in heart health and diabetes prevention.

- a. True
- b. False

6. This class of flavonoids is commonly found in cocoa, grapes, tea and pecans.

- a. Flavan-3-ols
- b. Flavonols
- c. Anthocyanins
- d. Flavanones

7. Reported cardiovascular health benefits of flavonoids include:

- a. Reduced blood clot formation
- b. Protection against hypertension
- c. Enhancement of metabolism and lipid profile
- d. All of the above

8. All of the following can affect the bioavailability of flavonoids **except**:

- a. Metabolic conversion due to first pass metabolism in the liver
- b. The molecular weight of unique flavonoids
- c. Gender of an individual consuming flavonoids
- d. Interaction with our intestinal microflora

9. Some of the most promising future applications of flavonoid therapy include all of the following **except**:

- a. As an anti-cancer agent
- b. As a potential substitute for powerful pain medications, such as opioids
- c. As a form of targeted therapy for a variety of ailments
- d. As a treatment for altitude sickness

10. **True or False:** The flavonoid content found in a plant is consistent throughout its life irrespective of environmental conditions.

- a. True
- b. False