**Examination**

1. The herbal product that is primarily used by people for treating benign prostatic hypertrophy (BPH) and urination problems is
   a. Milk Thistle
   b. Saw Palmetto
   c. Valerian
   d. Evening Primrose
   e. Cranberry

2. The herbal product that appears to have anti-androgenic properties and also appears to be mildly anti-estrogenic is
   a. Kava Kava
   b. Milk Thistle
   c. Valerian
   d. Evening Primrose
   e. Saw Palmetto

3. Of the herbal products listed below, which is the most likely to be used for treating stress, anxiety, and insomnia?
   a. Grape Seed
   b. Kava Kava
   c. Milk Thistle
   d. Evening Primrose
   e. Cranberry

4. Which of the following herbal products should be avoided by people with depression, because of the potential for making the depression worse?
   a. Saw Palmetto
   b. Milk Thistle
   c. Cranberry
   d. Kava Kava
   e. Evening Primrose

5. Which of the following herb products should be avoided by patients with Parkinson's disease because of the potential for antagonizing the effect of dopamine?
   a. Saw Palmetto
   b. Evening Primrose
   c. Valerian
   d. Kava Kava
   e. Cranberry

6. Of the following herbs listed below, which is the most likely to produce a yellowing of the skin with a scaly, flaky, rash if chronically used?
   a. Kava Kava
   b. Milk Thistle
   c. Saw Palmetto
d. Grape Seed
e. Valerian

7. Regarding grape seed extract,
   a. Other names for this herb include Arandano, Moosebeere, and Mossberry.
   b. It is primarily used for treating urinary tract infections and as a urinary deodorizer.
   c. The proposed mechanism of action is the antioxidant effects of the proanthocyanidins contained within the herb.
   d. It is acidic and makes the urine acidic, but it does not have antibiotic action
   e. It should be avoided or used with caution by patients with multiple sclerosis, tuberculosis, and Parkinson's.

8. Regarding cranberry,
   a. Other names for this herb include All-heal, Setwall, Amantilla, and Capon's Tail.
   b. It is primarily used for treating circulation disorders, venous insufficiency, and nocturnal leg cramps.
   c. The proposed mechanism of action is uncertain, however, one of its compounds is converted to prostaglandin E-1 (PGE-1).
   d. It contains an unidentified substance that seems to interfere with the adherence of bacteria to the mucosal lining of the urinary tract.
   e. It should be avoided or used with caution by patients with Parkinson's disease.

9. Of the herbal products listed below, which is the most likely to be used for treating stress, anxiety, and insomnia?
   a. Saw Palmetto
   b. Valerian
   c. Milk Thistle
   d. Evening Primrose
   e. Cranberry

10. Of the herbal products listed below, which is the most likely to cause a benzodiazepine-like withdrawal if suddenly stopped after chronic usage?
    a. Saw Palmetto
    b. Grape Seed
    c. Milk Thistle
    d. Evening Primrose
    e. Valerian

11. Of the herbal products listed below, which combination is not recommended because of a potential for an additive effect?
    a. Kava Kava and Valerian
    b. Saw Palmetto and Grape Seed
    c. Milk Thistle and Evening Primrose
    d. Evening Primrose and Valerian
    e. Grape Seed and Cranberry

12. Which of the following herbal products is not recommended for use prior to surgery because of the possibility for potentiating the anesthetic?
    a. Saw Palmetto
    b. Grape Seed
    c. Valerian
    d. Evening Primrose
    e. Milk Thistle

13. Which of the following herbal products is used in treating PMS, mastalgia, or hot flashes?
    a. Saw Palmetto
b. Grape Seed
c. Valerian
d. Evening Primrose
e. Milk Thistle

14. Of the herbal products listed below, which one contains a compound that is metabolized in the body
to prostaglandin E-1?
   a. Evening Primrose
   b. Kava Kava
   c. Valerian
d. Grape Seed
e. Milk Thistle

15. Which of the following herbal products should be avoided or used with caution by patients with
epilepsy because of the potential for lowering the seizure threshold?
   a. Cranberry
   b. Valerian
c. Milk Thistle
d. Grape Seed
e. Evening Primrose

16. Which of the following herbal products should be avoided or used with caution by patients who are
using alprostadil or misoprostol because of the potential for a duplicate action?
   a. Milk Thistle
   b. Saw Palmetto
c. Evening Primrose
d. Valerian
e. Kava Kava

17. Which of the following herbal products has recently been used for its possible anti-carcinogenic
effect, especially regarding prostate cancer and breast cancer?
   a. Cranberry
   b. Valerian
c. Evening Primrose
d. Grape Seed
e. Milk Thistle

18. The discovery of hepatitis C and the large number of chronically infected patients in the United
States has probably led to an increase in the use of which herbal product listed below?
   a. Milk Thistle
   b. Kava Kava
c. Valerian
d. Evening Primrose
e. Saw Palmetto

19. Individuals with allergic reactions to ragweed, marigolds, daisies, or chrysanthemums, should
proceed with caution in using the following herbal product, because there is a possibility of allergy
related cross-reactivity.
   a. Kava Kava
   b. Milk Thistle
c. Evening Primrose
d. Valerian
e. Saw Palmetto
20. All of the following herbal products listed below should probably be avoided during pregnancy EXCEPT

a. Saw Palmetto
b. Kava Kava
c. Cranberry
d. Evening Primrose
e. Valerian Root