

**University of Mumbai**  
**Semester Theory Examination Second Half 2020**  
**Section I: Multiple Choice Question (MCQ's)**

**Year/Semester: Third (V)**

**Subject: Nutraceuticals and Dietary supplements**

**Subject Code: BPH\_C\_508\_T**

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1. \_\_\_\_\_ can be categorized as non-food source of Nutraceuticals.
  - a) Yogurt
  - b) Yakult
  - c) Protein beans
  - d) Fruit juice
2. Naturally occurring compounds found in plants and believed to have health promoting properties are called as \_\_\_\_\_.
  - a) Steroids
  - b) Toxoids
  - c) Phytochemicals
  - d) Chlorofluorocarbons
3. Daily recommended dose of curcumin is \_\_\_\_\_.
  - a) 50-100 mg/day
  - b) 15-50 mg/day
  - c) 200-300 mg/day
  - d) 500-2000 mg/day
4. The shelf life determination for nutraceutical's preparation is based on \_\_\_\_\_.
  - a) Safety evaluation data
  - b) Standardization data
  - c) Characterization data
  - d) Stability evaluation data
5. A substance intentionally added that affects the nature and quality of food is called as \_\_\_\_\_.

- a) Food poisoning
  - b) Food adulteration
  - c) Food contaminant
  - d) Food material
6. \_\_\_\_\_ delivery system affords a solution for the challenge of low aqueous solubility of constituents for supplements with lipid soluble nature.
- a) Cyclodextrin complexes
  - b) Liposomal carrier system
  - c) Biodegradable hydrogels
  - d) Nanotechnology based formulation
7. Standards for AGMARK certification are approved by \_\_\_\_\_.
- a) Directorate of Agriculture
  - b) Directorate of Marketing and Inspection
  - c) All India Association of Agriculture
  - d) Bureau of Indian Standards
8. \_\_\_\_\_ is a type of intentional adulteration
- a) Addition of brick red colour in red chilli powder
  - b) Arsenic from pesticides entering into food
  - c) Metallic contamination due to tins of cans used for packaging
  - d) Leaching of plastic into food material
9. Edible mushrooms have detected levels of \_\_\_\_\_ contaminations.
- a) Heavy metals
  - b) Pesticides
  - c) Radioactive
  - d) Mycotoxins
10. As per the FSSAI 2003 guidelines for Nutraceuticals, the list of ingredients that can be used as Nutraceuticals is given in \_\_\_\_\_.
- a) Schedule I
  - b) Schedule II
  - c) Schedule III
  - d) Schedule IV

