

1. The most common nutrient deficiencies in Poland are:
 - a. vitamin D deficiency
 - b. calcium deficiency
 - c. selenium deficiency
 - d. all answers are correct**

2. Vegans can suffer from the following deficiencies:
 - a. vitamin B12
 - b. phosphorus
 - c. iron
 - d. vitamin B12 and iron**

3. What is the first step to preventing and treating slight nutrient deficiencies?
 - a. eating more products rich in a given ingredient and adding enriched food to your diet**
 - b. immediate supplementation
 - c. adding supplementation and enriched food
 - d. no correct answer.

4. When can we try supplementation:
 - a. when a doctor recommends it
 - b. when a clinical dietitian recommends it
 - c. after diagnostic tests
 - d. all answers are correct**

5. What is the most popular ingredient in food supplements in Poland?
 - a. magnesium**
 - b. calcium
 - c. selenium
 - d. zinc

6. How many food supplements (on average) are reported to a supervisory body every day?
 - a. around 10
 - b. more than 40**
 - c. around 100
 - d. over 63 thousand

7. Select a negative combination of ingredients in food supplements:
 - a. calcium and magnesium**
 - b. iron and vitamin C
 - c. calcium and vitamin D
 - d. selenium and vitamin E

8. What body must be notified of intent of marketing of a food supplement?
 - a. Chief Sanitary Inspectorate**
 - b. Chief Pharmaceutical Inspectorate
 - c. Ministry of Health
 - d. National Trade Inspection

9. Food supplements are considered to be of good quality if:
- a. the amounts of ingredients in food supplements are compliant with the amounts declared by a manufacturer on packaging
 - b. they do not contain prohibited substances
 - c. they do not contain impurities in amounts exceeding acceptable content
 - d. all answers are correct**

10. What percentage of food supplements was thoroughly analysed between 2017 and 2020?

- a. approx. 1%
- b. approx. 11%**
- c. approx. 50%
- d. approx. 90%