
Module 4, Lesson 1 Quiz:

Digestive Enzymes

1. It is important to keep up to date on research. One trend that is getting a lot of attention of late is digestive enzymes. When it comes to making sound recommendations to your clients:
 - a. There is no harm in trying them, so clients should feel free to go for it
 - b. You should recommend digestive enzymes and probiotics to all of your clients
 - c. The only digestive enzymes you should ever recommend are Lactaid and Beano
 - d. **If clients are interested in trying them, they should look for digestive enzymes with the USP seal**
2. The research into digestive enzymes shows _____ evidence that they are beneficial for people with IBS and gastric reflux.
 - a. **Zero**
 - b. Conclusive
 - c. Moderate
 - d. Confusing
3. Not having enough digestive enzymes can lead to all of the following, except:
 - a. Gas
 - b. Pain
 - c. Bloating
 - d. **Celiac**
4. Digestive enzyme disorders are most commonly linked to disease of which organ?
 - a. The liver
 - b. **The pancreas**
 - c. The kidneys
 - d. The bladder