

Module 4, Lesson 4 Quiz:
The Immune System

1. One main reason we want to develop diverse, well-balanced colonies of microbes living in harmony in our GI tracts is to build a strong:
 - a. Cardiovascular system
 - b. Immune system**
 - c. Renal system
 - d. Skeletal system

2. We know the gut plays a strong role in our wellness, a dysbiosis can trigger:
 - a. Inflammation
 - b. Digestive problems
 - c. Immune problems
 - d. All of the above**

3. You can help clients promote good gut flora by recommending fiber-rich foods, whole grains, and probiotics. Research is also focused specifically on _____'s role in strengthening immune functioning.
 - a. Vitamin A**
 - b. Vitamin D
 - c. Vitamin E
 - d. Vitamin K