

# Harnessing the Power of the Gut Microbiota for Optimal Health

## Test Questions

1. Identify the 3 functional aspects of the normal gut microbiota presented by the speaker
  - a. Immune system regulation, metabolism, support the growth of pathogenic bacteria
  - b. Immune system regulation, hydrolyze proteins, generate oxygen to kill anaerobic pathogens
  - c. Immune system regulation, metabolism, protection against pathogens
  - d. Immune system regulation, hydrolyze proteins, protection against pathogens
2. Which substrate is NOT defined as a prebiotic?
  - a. Fructooligosaccharides (FOS)
  - b. Galactooligosaccharides (GOS)
  - c. Inulin
  - d. Insoluble fiber
3. Which statement is true:
  - a. Microbes ferment insoluble fibers
  - b. Microbes ferment prebiotics
  - c. Microbes ferment probiotics
  - d. Microbes ferment short chain fatty acids
4. Which conditions have emerging science supporting potential health benefits with prebiotics:
  - a. Anxiety, vision, sarcopenia
  - b. Athletic performance, anxiety, depression
  - c. Cognition, sleep, frailty
  - d. Depression, hair loss, sarcopenia
5. Identify the correct statement regarding the use of probiotics:
  - a. All probiotics offer a similar health benefit
  - b. Clinical evidence shows probiotics are only beneficial to help digestion
  - c. Probiotics demonstrating health benefits are strain specific
  - d. Probiotics in refrigerated form provide the greatest benefit to the host
6. Select the correct definition of a postbiotic.
  - a. A combination of prebiotics and probiotics that confers a health benefit
  - b. Deliberately inactivated (dead) microbial cells when consumed that confers a health benefit
  - c. Live microbes when consumed that confers a health benefit
  - d. Requires a substrate utilized by microbes that confers a health benefit

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