

NTP Practice Test Questions and Answers

1. What is the role of antioxidants in the body?

- A) Increase energy production.
- B) Fight infections.
- C) Protect cells from damage.
- D) Assist in digestion.

2. Which of the following is considered a macronutrient?

- A) Vitamins
- B) Minerals
- C) Carbohydrates
- D) Water

3. What is the role of probiotics in nutritional therapy?

- A) Promote healthy skin
- B) Support gut health and digestion
- C) Increase energy levels
- D) Improve blood circulation

4. What is the primary function of vitamin B12 in the body?

- A) Bone health
- B) Nerve function and red blood cell production
- C) Immune support
- D) Blood sugar regulation

Answers: 1-C 2-C 3-B 4-B

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