

Registered Herbalist Practice Test Questions and Answers

1. Which herb is commonly known as a natural anti-inflammatory and is often used for joint pain?

- A) Chamomile
- B) Turmeric
- C) Lavender
- D) Peppermint

2. What is the primary active compound in Echinacea that supports immune function?

- A) Menthol
- B) Polysaccharides and alkamides
- C) Caffeine
- D) Salicin

3. Which preparation method extracts both water-soluble and alcohol-soluble compounds from herbs?

- A) Simple tea infusion
- B) Tincture preparation
- C) Dried herb powder
- D) Steam distillation

4. What important consideration should herbalists always discuss with clients taking prescription medications?

- A) Herb flavor preferences
- B) Potential herb-drug interactions and contraindications
- C) Cost of herbal preparations
- D) Seasonal availability of herbs

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

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