

## Vitamins Quiz: Trivia Questions and Answers

1. What is the number of vitamins required by human metabolism?

- 18
- 17
- 13

2. Who was the first to formulate the concept of vitamin?

- Vladimir Ivan
- Casimir Funk
- Jhonson Doglus

3. When were the vital vitamins formulated first?

- 1912
- 1920
- 1930

4. What is the chemical name of vitamin A?

- Retinal
- Reneta
- Renitif

5. What is famous with a high content of Vitamin A?

- Fried egg
- Orange
- Pumpkin

6. What is the chemical name of Vitamin B5?

- Tocopherols
- Pantothenic acid
- Phylloquinone

7. What is the main source of Vitamin D?

- Sardines
- Oranges
- Peanuts

8. What is the other chemical name of Vitamin B7?

- Latctus
- Ascorbic acid
- Biotin

9. Which one is the exact overdose syndrome of Vitamin B5?

- Diarrhea
- Drowsiness
- Headache

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### Right answers

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