

## Vitamins and Their Names Quiz: Trivia Questions and Answers

1. Vitamin A

- Retinol
- Rutin
- Riboflavin

2. Vitamin D

- Tocopherol
- Calciferol
- Thiamine

3. Vitamin E

- Thiamine
- Tocopherol
- Biotin

4. Vitamin K

- Pyridoxine
- Biotin
- Phylloquinone

5. Vitamin C

- Nicotinic acid
- Folic acid
- Ascorbic acid

6. Vitamin B1

- Thiamine
- Retinol
- Pyrodoxin

7. Vitamin B2

- Thiamine
- Riboflavin
- Biotin

8. Vitamin B3 PP

- Ascorbic acid
- Folic acid
- Nicotinic acid

9. Vitamin B6

- Cyanocobalamin
- Pyridoxine
- Rutin

10. Vitamin B9

- Nicotinic acid
- Folic acid
- Ascorbic acid

11. Vitamin B12

- Biotin
- Ascorbic acid
- Cyanocobalamin

12. Vitamin H

- Biotin
- Retinol
- Rutin

13. Vitamin P

- Pyridoxine
- Rutin
- Retinol

14. Provitamin A

- Carotene
- Kerotin
- Carotene

## Vitamins and Their Names Quiz: Trivia Questions and Answers

### Right answers

1. Vitamin A  
Retinol
2. Vitamin D  
Calciferol
3. Vitamin E  
Tocopherol
4. Vitamin K  
Phylloquinone
5. Vitamin C  
Ascorbic acid
6. Vitamin B1  
Thiamine
7. Vitamin B2  
Riboflavin
8. Vitamin B3 PP  
Nicotinic acid
9. Vitamin B6  
Pyridoxine
10. Vitamin B9  
Folic acid
11. Vitamin B12  
Cyanocobalamin
12. Vitamin H  
Biotin
13. Vitamin P  
Rutin
14. Provitamin A  
Carotene