



Sessional I (Even) Semester Examination March 2025

Roll no.....

Name of the Course and semester: B.Pharma VIII Semester

Name of the Paper: Dietary Supplements and Nutraceuticals

Paper Code: BP-812ET

Time: 1.5-hour

Maximum Marks: 30

Note:

- (i) This question paper contains three sections
- (ii) All the sections are compulsory

Section-A

MULTIPLE CHOICE QUESTION

10 X 1 = 10 MARKS

S.No	CONTENTS	COs
1.	Dietary supplements are primarily regulated under which act in the United States? a) Food, Drug, and Cosmetic Act b) Dietary Supplement Health and Education Act (DSHEA) c) Federal Food Safety Act d) Pharmacy Act	CO-01
2.	Which functional food component helps in lowering cholesterol? a) Probiotics b) Omega-3 fatty acids c) Proteins d) Caffeine	
3.	Nutraceuticals are defined as: a) Medicinal drugs derived from synthetic chemicals b) Natural or bioactive compounds with health benefits c) Genetically modified food products d) Artificially flavored food supplements	
4.	Which nutraceutical is commonly used for weight management? a) Green tea extract b) Garlic c) Ginseng d) Spirulina	
5.	Which vitamin is particularly important in preventing neural tube defects during pregnancy? a) Vitamin C b) Vitamin B12	



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	c) Folic acid d) Vitamin K	
6.	Xanthophylls are primarily found in: a) Green leafy vegetables b) Dairy products c) Red meat d) Soft drinks	CO-02
7.	Diallyl sulfides and allyl trisulfides are commonly found in: a) Garlic b) Green tea c) Blueberries d) Carrots	
8.	Which of the following flavonoids is abundant in citrus fruits? a) Quercetin b) Naringin c) Catechins d) Anthocyanidins	
9.	Which vitamin group does tocopherol belong to? a) Vitamin A b) Vitamin C c) Vitamin E d) Vitamin K	
10.	Which carotenoid is responsible for the red color of tomatoes? a) α -Carotene b) β -Carotene c) Lycopene d) Lutein	

Section B

Short Questions: Attempt any two

2x5 = 10

S.No	QUESTIONS	CO's
1.	Define functional foods, nutraceuticals, and dietary supplements with suitable examples.	CO-01
2.	What is maternal and child nutrition? Highlight its importance in early development.	CO-01
3.	Discuss the role of sulfides (Diallyl sulfides and Allyl trisulfide) in human health.	CO-02

Section C

Long questions: Attempt any one

1x10 = 10

S.No	QUESTIONS	CO's



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1.	Explain how nutraceuticals help in the prevention and management of diabetes and heart diseases.	CO-01
2.	Discuss flavonoids as nutraceuticals. Describe the occurrence, characteristic features, and health benefits of rutin, naringin, quercetin, anthocyanidins, catechins, and flavones.	CO-02