1. A physician asks a pharmacist to supply CerefolinNAC for a patient who has mild cognitive impairment, a history of peptic ulcer disease, allergic rhinitis, and type 2 diabetes. Is CerefolinNAC appropriate for this patient?

A. Yes, because of his mild cognitive impairment and lack of contraindications
B. Yes, because of his mild cognitive impairment and because it also helps manage one of his additional medical conditions
C. No, because it is only indicated for patients with major cognitive impairment of the Alzheimer’s type
D. No, because one of his additional medical conditions makes using it hazardous

Correct Answer: D

The manufacturer of CerefolinNAC warns that it should be avoided by patients with peptic ulcer disease because it has the potential to disrupt the gastric mucosal barrier.

2. What information can a medical food carry on its stock container?

A. The designation “Rx only”
B. A product code
C. A national drug code (NDC) number
D. The phrase, “This is a nonprescription medication”

Correct Answer: B
Medical foods cannot carry an NDC number as would be designated for “Rx only” drugs. They may carry a product code assigned by the manufacturer, however.

3. A patient has a seafood allergy. Which of the following medical foods is contraindicated for him or her:
   A. Efficas Care***
   B. Axona
   C. Metanx
   D. Limbrel

   **Correct Answer: A**
   Efficas Care is made from pure fish oil and should be avoided by patients with an allergy to fish.

4. A patient is prescribed EnteraGam for loose stools. Which of the following would be an appropriate liquid to mix with it prior to ingestion:
   A. Orange juice
   B. Lime juice
   C. Sugar-free Kool-Aid***
   D. Hot tea

   **Correct Answer: C**
   EnteraGam should not be placed into citrus juices or hot liquids.
5. Which of the following statements regarding both medical foods and prescription products is correct:

A. Both are required to gain premarketing approval from the U.S. Food and Drug Administration (FDA)
B. Both are allowed to carry the “Rx Only” designation
C. Only prescription medications are proven safe
D. Both have evidence of efficacy for their stated uses***

Correct Answer: D

The efficacy of prescription products has been proven in clinical trials and there must be evidence from clinical trials to support the efficacy of medical foods, as well.

6. Which of the following medical conditions is suitable for a medical food:

A. Diabetes mellitus
B. Galactosemia***
C. Pregnancy alone
D. Lactation

Correct Answer: B

According to the FDA guidelines, inborn errors of metabolism (IEMs), such galactosemia, are suitable indications for medical foods.

7. Which of the following products presents special dangers to a patient with pernicious anemia:

A. Limbrel
B. GlycemX
C. Deplin 15***
D. EnteraGam

Correct Answer: C
Deplin 15 contains folic acid, which can mask pernicious anemia.

8. According to the data presented, which of the following currently marketed medical foods should be used with caution by patients with irritable bowel syndrome:

A. Vasculera
B. Metanx and Vasulera
C. Limbrel and Axona***
D. None of the above

Correct Answer: C
The medium chain triglycerides (MCTs) in Axona can produce abdominal cramping, diarrhea, dyspepsia, flatulence, and bloating; thus, they should be used with caution by patients with irritable bowel syndrome (IBS). GI discomfort, diarrhea, and nausea are listed in the side effects profile for Limbrel; therefore, those with IBS should use Limbrel with caution, as well.

9. What type of patients are medical foods appropriate for?

A. Patients under active and ongoing medical supervision***
B. Patients confined to bed or hospice who cannot chew food without its being pureed
C. Terminally ill patients who are taking prescription opiates or other medications that slow bowel motility

D. Patients who must be fed exclusively by nasogastric tube or total parenteral nutrition

**Correct Answer: A**

Patients for whom medical foods are appropriate are those who are under medical supervision.

10. **A physician asks whether any medical food is indicated for osteoarthritis.**

The pharmacist can point out which of the following:

A. Efficas Care
B. Axona
C. Limbrel***
D. CerefolinNAC

**Correct Answer: C**

Limbrel is indicated for osteoarthritis.