



CSN REQUIRED SUBJECT KNOWLEDGE

DIETARY SUPPLEMENTS

- Description
- Primary Functions
- General Information
 - Factors creating deficiencies
 - Nutrient vs drugs
 - Supplements and free radicals
 - DRI, RDA, DV
 - Megadosing
 - Measurement terms
 - When to take
 - Supplement results
 - Supplement storage
 - Placebo & Studies
 - Contraindications/Precautions

VITAMINS

- Description
- Major Functions
- General information –
 - Types
 - Natural vs Synthetic
 - Excipients
- Contraindications/Precautions

Subject matter for the following vitamins includes - Description, Primary Functions, General Information, Contraindications/Precautions

- Vitamin A and Carotenoids**
- Vitamin B Complex (8 vitamins)**
- Vitamin C**
- Vitamin D**
- Vitamin E**
- Vitamin K**

MINERALS

- Description
- Primary Functions
- General information
- Contraindications/Precautions



Subject matter for the following minerals includes - Description, Primary Functions, General Information, Contraindications/Precautions

**Calcium
Phosphorus
Potassium
Sulfur
Sodium
Chloride
Magnesium
Iron
Cobalt
Copper
Zinc
Molybdenum
Iodine
Selenium
Chromium
Manganese**

OTHER COMMON SUPPLEMENTS

Subject matter for the following supplements includes - Description, Primary Functions, General Information, Contraindications/Precautions

**Coenzyme Q10
Glucosamine & Chondroitin
Fish Oils**

BOTANICALS

Description
Primary Functions
General information

Subject matter for the following botanicals includes - Description, Primary Functions, General Information, Contraindications/Precautions

**St. John's Wort
Ginkgo Biloba
Saw Palmetto**



Milk Thistle
Green Tea
Ginseng
Tumeric
Ginger
Echinacea
Aloe Vera
Mushrooms

ADDITIONAL SUBJECT MATTER

Information contained on the National Health Institute's website concerning the Dietary Supplement Health and Education Act

<http://ods.od.nih.gov/factsheets/DietarySupplements-HealthProfessional/>