

BOARD CERTIFIED IN HOLISTIC NUTRITION (BCHN) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. The antioxidant glutathione is known to recycle which vitamins?**
 - A. Vitamin A and D
 - B. Vitamins C and E
 - C. Vitamin B12 and Folic Acid
 - D. Vitamin K and B6
- 2. Which mineral is vital for the formation of red blood cells?**
 - A. Calcium
 - B. Iron
 - C. Sodium
 - D. Magnesium
- 3. Which of the following is not a good source of D Beta Glucans?**
 - A. Poultry
 - B. Oats
 - C. Mushrooms
 - D. Barley
- 4. What mineral deficiency is most commonly associated with hypothyroidism?**
 - A. Iron
 - B. Zinc
 - C. Calcium
 - D. Iodine
- 5. Which nutrient is NOT involved directly with Glutathione's ability to recycle antioxidants?**
 - A. Vitamin C
 - B. Vitamin E
 - C. Vitamin A
 - D. Vitamin B12

- 6. A protein that supplies all the essential amino acids is considered a:**
- A. Incomplete protein
 - B. Partial protein
 - C. Complete protein
 - D. Complex protein
- 7. Which mineral is recognized as a key nutrient in the treatment of acne?**
- A. Calcium
 - B. Iron
 - C. Zinc
 - D. Copper
- 8. Which type of fatty acids can help reduce inflammation caused by endometriosis?**
- A. Omega 6 fatty acids
 - B. Saturated fatty acids
 - C. Omega 3 fatty acids
 - D. Trans fatty acids
- 9. Which sweetener has a zero rating on the glycemic index?**
- A. Honey
 - B. Sugar
 - C. Stevia
 - D. Maple syrup
- 10. What mineral is required for Vitamin A transport?**
- A. Iron
 - B. Zinc
 - C. Magnesium
 - D. Calcium

Answers

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1. B
2. B
3. A
4. D
5. C
6. C
7. C
8. C
9. C
10. B

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Explanations

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1. The antioxidant glutathione is known to recycle which vitamins?

- A. Vitamin A and D
- B. Vitamins C and E**
- C. Vitamin B12 and Folic Acid
- D. Vitamin K and B6

Glutathione is a key antioxidant in the body that plays a crucial role in maintaining cellular health and protecting against oxidative stress. One of its significant functions is the recycling of Vitamins C and E. Vitamin C, or ascorbic acid, is a water-soluble antioxidant that can be oxidized in the process of neutralizing free radicals. After it has done its job, glutathione helps to convert oxidized Vitamin C back to its active form, allowing it to further participate in antioxidant defense. Likewise, Vitamin E, a fat-soluble antioxidant, works by neutralizing lipid peroxyl radicals. Once Vitamin E donates an electron to neutralize a free radical, it too can become oxidized. Glutathione then assists in reducing oxidized Vitamin E back to its active form, thus prolonging its protective effects. Understanding this relationship highlights the synergy between antioxidants and emphasizes the importance of a well-rounded diet that includes sources of these vitamins to support overall health and antioxidant defenses.

2. Which mineral is vital for the formation of red blood cells?

- A. Calcium
- B. Iron**
- C. Sodium
- D. Magnesium

The mineral that plays a vital role in the formation of red blood cells is iron. Iron is a crucial component of hemoglobin, the protein in red blood cells that binds to oxygen and carries it throughout the body. Without adequate iron, the body cannot produce sufficient hemoglobin, which can lead to anemia—a condition characterized by a reduced capacity of the blood to carry oxygen. In addition to its role in red blood cell production, iron also supports various physiological functions, including energy metabolism and immune system function. Ensuring adequate iron intake through diet or supplementation, if necessary, is essential for maintaining healthy red blood cell levels and overall vitality. Other minerals such as calcium, sodium, and magnesium play different roles in the body, such as muscle function, nerve transmission, and bone health, but they do not have the same direct impact on red blood cell formation as iron does.

3. Which of the following is not a good source of D Beta Glucans?

- A. Poultry**
- B. Oats
- C. Mushrooms
- D. Barley

D Beta Glucans are a type of soluble fiber that are primarily known for their immune-boosting properties and are found in specific food sources. Oats, barley, and mushrooms are well-documented sources of D Beta Glucans. Oats and barley contain high levels of beta-glucan which is linked to various health benefits, including lowering cholesterol and supporting cardiovascular health. Mushrooms, particularly varieties like shiitake and maitake, also contain beta-glucans known for their immunomodulatory effects. Poultry, on the other hand, does not contain D Beta Glucans. While poultry is a rich source of protein and provides other nutrients, it lacks the polysaccharides that characterize D Beta Glucans. Thus, in the context of this question, poultry is correctly identified as not being a good source of D Beta Glucans, as it does not contribute to the intake of these beneficial compounds compared to the other options.

4. What mineral deficiency is most commonly associated with hypothyroidism?

- A. Iron
- B. Zinc
- C. Calcium
- D. Iodine**

Iodine is the mineral most commonly associated with hypothyroidism because it is a crucial component in the synthesis of thyroid hormones, particularly thyroxine (T4) and triiodothyronine (T3). The thyroid gland requires iodine to produce these hormones, and a deficiency can lead to decreased hormone production, ultimately resulting in hypothyroidism. In many regions, iodine deficiency is a major public health issue, and it can lead to goiter (enlargement of the thyroid gland) as the body attempts to compensate for low hormone levels. Iodine supplementation and the use of iodized salt have significantly reduced the incidence of iodine deficiency in many parts of the world, but it remains a concern in areas where dietary iodine is insufficient. While other minerals like iron, zinc, and calcium play important roles in overall health and can affect various bodily functions, they do not have the same direct impact on thyroid hormone production as iodine does. Thus, iodine deficiency is uniquely linked to the development of hypothyroidism.

5. Which nutrient is NOT involved directly with Glutathione's ability to recycle antioxidants?

- A. Vitamin C
- B. Vitamin E
- C. Vitamin A**
- D. Vitamin B12

Glutathione is a powerful antioxidant that plays a crucial role in neutralizing reactive oxygen species and recycling other antioxidants. It directly interacts with Vitamin C and Vitamin E to reset their active forms after they have quenched free radicals. Vitamin C helps regenerate both itself and Vitamin E in the process of combating oxidative stress, while Vitamin E's role involves protecting cell membranes from oxidative damage, and it relies on glutathione to remain in its active form. Vitamin A, while an important antioxidant, primarily acts in different pathways pertaining to vision and immune function rather than directly participating in the recycling of other antioxidants through glutathione. Therefore, it is not directly involved in glutathione's mechanism of recycling antioxidants, making it the correct choice. Vitamin B12, on the other hand, is primarily involved in processes related to energy metabolism and red blood cell formation and does not play a role in glutathione-related antioxidant recycling. Thus, the focus on how glutathione interacts with Vitamins C and E, while not relying on Vitamin A or B12 for antioxidant recycling, positions Vitamin A as the nutrient that is not directly involved in this specific function.

6. A protein that supplies all the essential amino acids is considered a:

- A. Incomplete protein
- B. Partial protein
- C. Complete protein**
- D. Complex protein

A protein that supplies all the essential amino acids is classified as a complete protein. Essential amino acids are those that cannot be synthesized by the body and must be obtained through the diet. Complete proteins contain adequate proportions of all nine essential amino acids necessary for human nutrition. This type of protein is typically found in animal sources such as meat, dairy products, and eggs, as well as in some plant sources like quinoa and soy. In contrast, incomplete proteins lack one or more of the essential amino acids, while the term "partial protein" is not commonly used in nutritional science. "Complex protein" might imply a more intricate structure or a combination of protein types but does not specifically denote the completeness of the amino acid profile. Therefore, the classification of a protein as complete is specifically due to its ability to meet all the essential amino acid requirements of the body.

7. Which mineral is recognized as a key nutrient in the treatment of acne?

- A. Calcium
- B. Iron
- C. Zinc**
- D. Copper

Zinc is a key nutrient that plays a significant role in the treatment of acne due to its anti-inflammatory properties and its role in regulating oil production in the skin. It contributes to the maintenance of skin health by supporting immune function, which can help reduce the occurrence of acne lesions. Additionally, zinc is involved in the synthesis of proteins and DNA and promotes wound healing, making it beneficial for acne-prone skin. Research has shown that zinc can help reduce the severity of acne by modulating the activity of oil (sebum) glands and potentially decreasing the proliferation of acne-causing bacteria. Moreover, some studies have suggested that zinc supplements or topical applications can lead to improvement in acne symptoms. While other minerals like calcium, iron, and copper play important roles in the body, they do not have the same established relationship with acne as zinc. This specificity is what underscores zinc's unique contribution to acne management in holistic nutrition.

8. Which type of fatty acids can help reduce inflammation caused by endometriosis?

- A. Omega 6 fatty acids
- B. Saturated fatty acids
- C. Omega 3 fatty acids**
- D. Trans fatty acids

Omega 3 fatty acids have been extensively studied for their anti-inflammatory properties, making them particularly beneficial for conditions like endometriosis, which is characterized by inflammation. These fatty acids are predominantly found in fish oils, flaxseeds, and walnuts, and have been shown to play a role in reducing inflammation in the body by influencing the production of inflammatory mediators such as cytokines and eicosanoids. Research suggests that increasing the intake of omega 3 fatty acids can help alleviate pain and discomfort associated with endometriosis, highlighting their therapeutic potential in managing this condition. In contrast, omega 6 fatty acids, while essential for health, can promote inflammation when consumed in excess, particularly in relation to the balance with omega 3s. Saturated fatty acids, commonly found in animal products and some plant oils, may not have the same beneficial effects on inflammation. Similarly, trans fatty acids, often found in partially hydrogenated oils, are linked to various health issues, including increased inflammation, making them unsuitable for managing inflammatory conditions such as endometriosis.

9. Which sweetener has a zero rating on the glycemic index?

- A. Honey
- B. Sugar
- C. Stevia**
- D. Maple syrup

Stevia is regarded as having a zero rating on the glycemic index because it is derived from the leaves of the Stevia rebaudiana plant and contains natural compounds called steviol glycosides that are many times sweeter than sugar. These compounds do not raise blood glucose levels, making Stevia an excellent option for individuals managing their blood sugar, such as those with diabetes. Unlike traditional sweeteners such as honey, sugar, and maple syrup, which contain carbohydrates that can raise blood glucose levels, Stevia provides sweetness without the associated glycemic impact. Therefore, it is considered a suitable alternative for those looking to minimize their carbohydrate intake while still enjoying sweet flavors. This characteristic makes Stevia particularly popular among individuals seeking to manage their weight or improve their overall metabolic health.

10. What mineral is required for Vitamin A transport?

- A. Iron
- B. Zinc**
- C. Magnesium
- D. Calcium

Zinc plays a crucial role in the transport of Vitamin A from the liver to various tissues throughout the body. Vitamin A, which is essential for numerous physiological functions, including vision, immune function, and cellular growth, is stored in the liver. Zinc is a cofactor for the enzyme that converts retinol (the active form of Vitamin A) into retinol-binding protein (RBP), a protein that transports Vitamin A in the bloodstream. Without adequate zinc levels, the synthesis of RBP may be impaired, leading to reduced mobilization of Vitamin A from the liver and its availability to target tissues. In contrast, while iron, magnesium, and calcium are important minerals for various bodily functions, they do not have a direct role in the transport of Vitamin A. Iron is primarily known for its role in hemoglobin and oxygen transport, magnesium is involved in numerous enzymatic reactions and energy production, and calcium is essential for bone health and muscle function. These minerals do not participate in the synthesis or function of retinol-binding protein and, thus, do not facilitate Vitamin A transport in the same way that zinc does.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://holisticnutritionbchn.examzify.com>

We wish you the very best on your exam journey. You've got this!

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