

National Association of Nutritional Professionals (NANP) Domain IV Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. Which of the following is NOT listed as a key anti-inflammatory botanical for RA?**
 - A. Curcumin**
 - B. Bromelain**
 - C. Ginger**
 - D. Garlic**

- 2. In drug/herb/nutrient interaction ratings, what does a level 1 indicate?**
 - A. Unknown – inconclusive or insufficient evidence.**
 - B. Certain – the interaction is definite.**
 - C. Possible – interaction may occur.**
 - D. Not significant – no interaction expected.**

- 3. Intrinsic asthma – intrinsic is non-allergic and can be triggered by which of the following?**
 - A. Allergens such as pollen**
 - B. Cold air**
 - C. Animal dander**
 - D. Dust mites**

- 4. Licorice root is noted for anti-inflammatory and anti-allergic effects in eczema.**
 - A. Anti-inflammatory and anti-allergic**
 - B. Antibacterial and antifungal**
 - C. Liver toxicity risk**
 - D. Only topical use**

- 5. Which of the following is NOT a core DASH diet food group?**
 - A. Fruits**
 - B. Low-fat dairy**
 - C. Whole grains**
 - D. Sugar-sweetened beverages**

- 6. Gout accumulates which metabolic product?**
- A. Urea**
 - B. Uric acid**
 - C. Creatinine**
 - D. Lactic acid**
- 7. Ear infections – which organism is NOT among the most common cultures?**
- A. Streptococcus pneumoniae**
 - B. Haemophilus influenzae**
 - C. Moraxella catarrhalis**
 - D. Neisseria meningitidis**
- 8. Adrenal fatigue involves which physiological axis?**
- A. HPA Axis**
 - B. HPT Axis**
 - C. HCG Axis**
 - D. HPO Axis**
- 9. The term “total load” is defined as:**
- A. The sum of caloric intake over a day.**
 - B. The cumulative burden of all physical, chemical, emotional, and environmental stressors on the body at any given time.**
 - C. The amount of fat mass in the body.**
 - D. The daily limit of major nutrients recommended.**
- 10. Which condition is NOT typically related to obesity?**
- A. Addison's disease**
 - B. Type 2 diabetes**
 - C. Hypertension**
 - D. Sleep apnea**

Answers

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

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Explanations

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1. Which of the following is NOT listed as a key anti-inflammatory botanical for RA?

- A. Curcumin**
- B. Bromelain**
- C. Ginger**
- D. Garlic**

Anti-inflammatory effects relevant to rheumatoid arthritis come from herbs that directly modulate the inflammatory pathways involved in RA, particularly by reducing prostaglandins, cytokines, and inflammatory enzymes. Curcumin (turmeric) is highlighted because it strongly inhibits inflammatory signaling, including NF-kB, and lowers COX-2 and cytokines like TNF- α and IL-1 β . Bromelain, a pineapple enzyme, helps reduce swelling and inflammatory mediators and can support immune and inflammatory balance. Ginger contains compounds that inhibit COX-2 and 5-LOX, decreasing prostaglandin and leukotriene production. Garlic has anti-inflammatory properties as well, but it is not listed as a key anti-inflammatory botanical for RA in NANP materials. In this context, garlic isn't treated as one of the primary herbs specifically emphasized for RA inflammation, even though it can contribute to general anti-inflammatory effects. If you're using garlic, note potential interactions and consult a professional as with any supplement.

2. In drug/herb/nutrient interaction ratings, what does a level 1 indicate?

- A. Unknown – inconclusive or insufficient evidence.**
- B. Certain – the interaction is definite.**
- C. Possible – interaction may occur.**
- D. Not significant – no interaction expected.**

Understanding how interaction levels convey confidence in a drug/herb/nutrient interaction is what this question tests. A level that denotes a definite interaction means there is strong, consistent evidence that the combination will interact and produce a clinical effect. In practice, this signals you should avoid the combination or take precautions such as monitoring or dose adjustments because the interaction is reliably present. This is the strongest rating, reflecting established risk. The other terms describe lower certainty or no effect: unknown/inconclusive means not enough evidence to judge; possible means the interaction may occur but isn't certain; not significant means no meaningful interaction is expected.

3. Intrinsic asthma – intrinsic is non-allergic and can be triggered by which of the following?

- A. Allergens such as pollen**
- B. Cold air**
- C. Animal dander**
- D. Dust mites**

Intrinsic asthma is non-allergic, so its triggers are non-specific irritants rather than allergens. Cold air fits this pattern because inhaling cold, dry air cools and dries the airways, promoting bronchial smooth muscle contraction and airway hyperreactivity. Allergens such as pollen, animal dander, and dust mites provoke IgE-mediated allergic responses and are typical triggers for allergic (extrinsic) asthma, not intrinsic. Therefore, cold air is the best answer.

4. Licorice root is noted for anti-inflammatory and anti-allergic effects in eczema.

- A. Anti-inflammatory and anti-allergic**
- B. Antibacterial and antifungal**
- C. Liver toxicity risk**
- D. Only topical use**

Licorice root helps in eczema mainly through anti-inflammatory and anti-allergic actions. Its active compounds dampen inflammatory mediators and modulate immune responses, which reduces redness, swelling, and itching that come from the inflammatory and hypersensitivity processes in eczema. While it can have antimicrobial effects and safety concerns with excessive use, those are not the primary reasons it's used for eczema. It is not limited to topical use, so stating that it's only for topical application isn't accurate.

5. Which of the following is NOT a core DASH diet food group?

- A. Fruits**
- B. Low-fat dairy**
- C. Whole grains**
- D. Sugar-sweetened beverages**

The DASH pattern focuses on nutrient-rich foods that help lower blood pressure, including plenty of fruits, vegetables, low-fat dairy, and whole grains, along with lean proteins and nuts/legumes. Sugar-sweetened beverages are not considered a core DASH food group; they add calories and added sugars with little beneficial nutrition and are recommended to be limited or avoided. So the option describing sugar-sweetened beverages is the one that does not belong as a core DASH group. The other choices—fruits, low-fat dairy, and whole grains—are central components of the DASH pattern.

6. Gout accumulates which metabolic product?

- A. Urea
- B. Uric acid**
- C. Creatinine
- D. Lactic acid

Gout centers on uric acid, the end product of purine breakdown. When uric acid accumulates, it can crystallize in joints and surrounding tissues, triggering the painful inflammatory attacks that define gout. Uric acid is produced from purine metabolism, filtered by the kidneys, and excreted in urine; excess production or reduced excretion leads to hyperuricemia and gout. Urea, in contrast, is produced from amino acid degradation and is a major nitrogen waste; it tends to rise mainly in kidney dysfunction but isn't what causes gout. Creatinine comes from muscle metabolism and serves as a kidney function marker, not a driver of gout. Lactic acid accumulates from anaerobic metabolism and is linked to different physiological states; it's not the culprit in gout.

7. Ear infections – which organism is NOT among the most common cultures?

- A. Streptococcus pneumoniae
- B. Haemophilus influenzae
- C. Moraxella catarrhalis
- D. Neisseria meningitidis**

Otitis media is typically caused by the common respiratory pathogens Streptococcus pneumoniae, Haemophilus influenzae, and Moraxella catarrhalis. Neisseria meningitidis, while a well-known cause of meningitis and septicemia, is not among the usual organisms cultured from the middle ear in ear infections. It is not a common otitis media pathogen, making Neisseria meningitidis the organism that does not fit with the others.

8. Adrenal fatigue involves which physiological axis?

- A. HPA Axis**
- B. HPT Axis
- C. HCG Axis
- D. HPO Axis

The question is about which hormonal pathway controls the adrenal glands and the body's response to stress. Adrenal function and its regulation by stress sit squarely within the hypothalamic-pituitary-adrenal (HPA) axis. The hypothalamus releases corticotropin-releasing hormone, which tells the pituitary to secrete adrenocorticotropic hormone. ACTH then stimulates the adrenal cortex to produce cortisol. This axis helps mobilize energy, regulate inflammation, and manage stress signals. When stress is chronic, this system can become dysregulated, which is often described in discussions of adrenal fatigue, hence the association with the HPA axis. The other axes involve different systems: the hypothalamic-pituitary-thyroid (HPT) axis governs thyroid hormones; the hypothalamic-pituitary-ovarian (HPO) axis coordinates reproductive hormones; and there isn't a standard HCG axis used to describe adrenal regulation.

9. The term “total load” is defined as:

- A. The sum of caloric intake over a day.
- B. The cumulative burden of all physical, chemical, emotional, and environmental stressors on the body at any given time.**
- C. The amount of fat mass in the body.
- D. The daily limit of major nutrients recommended.

Total load is the cumulative burden of all physical, chemical, emotional, and environmental stressors on the body at any given time. This concept recognizes that health results from the combined effect of many factors, not a single input. It includes things like exercise, toxins, nutrition, sleep, stress, social and environmental exposures, and the way they interact to influence the body's regulatory systems and overall resilience. Because of that, total load is not about calories in a day, nor about fat mass, nor a prescribed daily nutrient limit. Those describe individual components or measures, while total load captures the overall strain on the body's balance and ability to cope.

10. Which condition is NOT typically related to obesity?

- A. Addison's disease**
- B. Type 2 diabetes
- C. Hypertension
- D. Sleep apnea

Obesity commonly accompanies a cluster of metabolic and respiratory issues because excess fat affects how the body handles insulin, raises blood pressure, and alters airway function. This makes type 2 diabetes a frequent risk due to insulin resistance, hypertension from increased blood volume and sympathetic activation, and sleep apnea from extra tissue around the neck and airway that can collapse during sleep. Addison's disease, by contrast, is an adrenal insufficiency that tends to cause weight loss and fatigue rather than weight gain; it's not a typical consequence of obesity. So while obesity is closely linked to diabetes, hypertension, and sleep apnea, Addison's disease does not fit that pattern.

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://nanpdomain4.examzify.com>

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

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