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## CPE article 3: guarana



**Pharmacists** This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Guarana monograph, then circle the appropriate answers and complete the form below the questions, using a black pen. Photocopy the page and **fax** it to **the Australian College of Pharmacy Practice on 02 6273 8988**, or **post** to: **ACPP, Reply Paid 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: [www.acpp.edu.au](http://www.acpp.edu.au)**.  
**Be prompt** – ACPP must receive your answers by 15 September. Answers will be printed in the next *JCM* [Vol 2(5)] in Sep/Oct.

**Q Circle the most appropriate answer to the following questions. More than one answer may be correct.**

**1 Guarana**

- a) is a preservative found in some energy drinks
- b) is a flavouring agent found in some energy drinks
- c) is a stimulant ingredient found in some energy drinks
- d) is a herbal ingredient found in some energy drinks

**2 Guarana is used to**

- a) increase physical stamina and increase mental alertness
- b) increase appetite
- c) decrease diuresis
- d) decrease libido

**3 Guarana contains**

- a) theophylline
- b) theobromine
- c) many vitamins and minerals
- d) no protein

**4 Traditionally, guarana was used as an**

- a) analgesic
- b) antidepressant
- c) aphrodisiac
- d) antiseptic

**5 Side-effects of guarana have not been determined. However, based on its caffeine content, they may include**

- a) tachycardia
- b) restlessness
- c) raised blood pressure
- d) headache
- e) abdominal discomfort

**CPE ARTICLE 2 ANSWERS: echinacea**  
**JCM 2003;2(3):67 – MAY/JUNE 2003**  
**1. c 2. d 3. b 4. a, c 5. d**

**Your details – please print clearly or type**

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**PROGRAM EVALUATION –**

Your comments on our CPE article are appreciated

**Relevance of this topic**

- very good  good  fair  poor

**Accuracy of the article**

- very good  good  fair  poor

**Education value**

- very good  good  fair  poor

**How many minutes did it take you to complete this unit?**

- < 30 min  30–60  61–90  > 90

**Please tick one**

- ACPP member – Guarana monograph CPE costs no extra to ACPP members and subscribers
- I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)