

CPE article 23: grape-seed extract



Pharmacists This unit is worth half-an-hour CPE credit. ACPPM members and CPE self-assessment program subscribers can read the Grape-seed extract 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 and Management** on **02 6273 8988**, or **post** to: **ACPPM, PO Box 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acp.edu.au**. **Be prompt** — ACPPM must receive your answers by 7 May 2006. Answers will be printed in the next *JCM* [Vol 5(3)] in May/June 2006.

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

1 Proanthocyanidins are found in

- a fruits and vegetables
- b wine
- c dark chocolate
- d all of the above

2 Some proanthocyanidins exhibit

- a anti-inflammatory activity
- b exhibit antidepressant activity
- c exhibit laxative activity
- d anti-oxidant activity

3 Grape-seed extract

- a is a poor source of proanthocyanidins
- b contains significant amounts of resveratrol
- c is a rich source of proanthocyanidins
- d contains wine

4 In clinical practice, grape-seed extract is used

- a as a laxative
- b to alleviate symptoms of fluid retention
- c as a general anti-oxidant
- d for erectile dysfunction

5 Although more research is required, grape-seed extract shows

- a promise in various cardiovascular diseases
- b promise in various aspects of vascular disease
- c promise in various urogenital conditions
- d no promise in any disease

CPE ARTICLE 22 ANSWERS: slippery elm

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1. b 2. a, d 3. c, d 4. a 5. b, c

Your details – please print clearly or type

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ADDRESS

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STATE

POSTCODE

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TELEPHONE

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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

ACPPM member – Grape-seed extract monograph CPE costs no extra to ACPPM members and subscribers

I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)