



Avoid combining Calcium and Magnesium with these 6 other supplements

Description

Many Americans take dietary supplements, but it's important to be aware of how certain combinations can affect health. Calcium and magnesium, iron and green tea, vitamin C and vitamin B12 are some examples of supplements that should not be taken simultaneously due to absorption issues or potential harm. Fish oil and ginkgo biloba both have blood-thinning properties and can increase the risk of bleeding when taken together. Copper and zinc should be spaced out as they compete for absorption in the body. Vitamin E and vitamin K can have a negative effect on blood clotting when taken together. Lastly, vitamin C and copper can result in highly reactive radicals that may cause kidney damage. Before taking any supplements, consulting a healthcare professional is recommended. Always be cautious about the combinations of supplements you are taking for your overall health.

Vocabulary List:

1. **Supplements** // (noun): Additional substances taken to enhance one's diet or health.
2. **Combinations** // (noun): Mixtures of different elements or substances.
3. **Absorption** // (noun): The process of taking something in, like nutrients into the body.
4. **Harm** // (noun): Damage or injury caused by an external force.
5. **Bleeding** // (noun): The process of losing blood from the body.
6. **Compete** // (verb): To strive against others to obtain something.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What term is used to describe organized action by workers to achieve specific demands?
Option: Mitigations
Option: Tumour
Option: Industrial action
Option: Junior doctors
2. Which substance is also known as vitamin B3?
Option: Inflammation
Option: Niacin



- Option: Substance
- Option: Supplements

3. What is often associated with incidents involving harm or injury?

- Option: Confidence
- Option: Violence
- Option: Funding
- Option: Homelessness

4. What medical condition involves an abnormal mass of tissue?

- Option: Bowel cancer
- Option: Life-saving
- Option: Tumour
- Option: Excessive

5. What process involves the uptake of substances into the body?

- Option: Substances
- Option: Combination
- Option: Absorption
- Option: Harm

6. What is the identification of a disease or medical condition called?

- Option: Stigma
- Option: Diagnosis
- Option: Confidence
- Option: Mental health services

7. What term describes an amount or level that is more than necessary?

- Option: Inflammation
- Option: Excessive
- Option: Bleeding
- Option: Compete

8. What is often required to support mental health services and research programs?

- Option: ER
- Option: Homelessness
- Option: Violent incidents
- Option: Funding

9. What are the indicators of a particular disease or medical condition called?

- Option: Historical
- Option: Sensory
- Option: Symptoms



Option: Stigma

10. What can be a barrier to seeking help or diagnosis for certain conditions due to societal attitudes?

Option: Confidence

Option: Stigma

Option: Diagnosis

Option: Mental health services

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ transport blood throughout the body helping with the circulation of nutrients and oxygen.

12. The _____ of nutrients provides guidance on the amount of specific nutrients needed for good health.

13. Access to quality _____ is essential for individuals dealing with psychological challenges.

14. Patients in critical condition often require immediate attention in the _____.

15. Many factors such as job loss or economic downturn can contribute to a rise in _____.

16. Injuries can result in various complications including excessive _____.

17. When two substances _____ for the same binding sites it can affect their absorption.

18. Chronic _____ can have detrimental effects on the body and may lead to various diseases.

19. The nervous system includes components responsible for processing _____ information.

20. Understanding the _____ context of certain medical practices can provide insights



into their development.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Immediate medical intervention can be especially in emergency situations.
22. play a crucial role in providing care and learning within healthcare settings.
23. A(n) is defined as matter that has distinct existence and properties.
24. Some individuals may need dietary to meet their nutritional requirements.
25. Certain drugs work better when used in to enhance their efficacy.
26. Efficient nutrient is vital for the body to utilize essential vitamins and minerals.
27. Deliberate actions that cause to oneself or others require intervention and support.
28. Early and accurate of diseases can lead to better treatment outcomes.
29. Building self- is important for individuals to navigate challenges and achieve goals.
30. Preventing requires collaboration between communities and law enforcement agencies.

Answer

Multiple Choice: 1. Industrial action 2. Niacin 3. Violence 4. Tumour 5. Absorption 6. Diagnosis 7. Excessive 8. Funding 9. Symptoms 10. Stigma

Gap-Fill: 11. Blood vessels 12. Recommended daily allowance 13. Mental health services 14. ER 15. Homelessness 16. Bleeding 17. Compete 18. Inflammation 19. Sensory 20. Historical

Matching sentence: 1. Life-saving 2. Junior doctors 3. Substance 4. Supplements 5. Combinations 6. Absorption 7. Harm 8. Diagnosis 9. Confidence 10. Violent incidents

CATEGORY

1. Health - LEVEL1

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