



## Experts recommend essential vitamins for optimal health.

### Description

In recent years, there has been a significant surge in the realm of health and wellness, with individuals compelled to confront their own well-being in the wake of the pandemic. As a result, there is a growing interest in easily accessible and implementable products. This trend has notably led to a marked increase in the consumption of vitamins and supplements. According to a study published in the *Nutrients* journal in 2023, dietary supplement sales in the United States witnessed a substantial 50% rise between 2018 and 2020, reaching over \$220 billion in sales by 2020.

Online wellness influencers frequently advocate supplements as a comprehensive solution for addressing various health concerns. This endorsement on social media platforms has significantly influenced people's inclination towards consuming different vitamins, with influencers often hailing certain vitamins as the new panacea for specific health conditions. However, Washington, D.C.-based dietitian Caroline Thomason, R.D., warns that such endorsements may perpetuate misinformation, engender unnecessary supplementation, and potentially result in adverse health outcomes. It is essential to recognize that influencers prioritize trends and popularity over scientific evidence, thereby disseminating generalized statements that may not be universally applicable.

While vitamins and supplements can indeed be beneficial when used judiciously, health experts caution against blindly following online recommendations from influencers. Seeking advice from a primary care physician or a licensed dietitian is crucial, as a personalized approach is imperative when addressing potential vitamin deficiencies. The National Institutes of Health's Office of Dietary Supplements underscores the importance of obtaining essential nutrients primarily through food intake, rather than relying solely on supplements unless medically advised otherwise.

Moreover, it is vital to exercise caution regarding the daily consumption of certain vitamins and minerals. Fat-soluble vitamins A, D, E, K, as well as minerals like iron and electrolytes such as potassium and calcium, should not be routinely taken without proper medical guidance due to the risks of toxicity and adverse interactions. Excessive intake of these supplements can result in severe health complications, including liver damage, elevated calcium levels, bleeding, and kidney stones. Prior consultation with a healthcare provider is essential to safeguard against potential risks associated with supplement consumption, especially in conjunction with any existing medications.

### Vocabulary List:

1. **Surge** /sɜːrdʒ/ (noun): A sudden powerful forward or upward movement.
2. **Endorsement** /ɪnˈdɔːrs.mənt/ (noun): The act of publicly declaring one's support for something.
3. **Perpetuate** /pəˈpɛtʃueɪt/ (verb): To cause something to continue indefinitely.
4. **Judiciously** /dʒuˈdɪʃ.əs.li/ (adverb): With good judgment or sense.



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5. **Toxicity** /tɒk'sɪs.ɪ.ti/ (noun): The quality of being toxic or poisonous.
6. **Complications** /ˌkɒmplɪ'keɪʃənz/ (noun): Difficulties that arise during a process or condition.

## Comprehension Questions

### Multiple Choice

1. What was the significant rise in dietary supplement sales in the United States between 2018 and 2020?
- Option: 20%
  - Option: 30%
  - Option: 40%
  - Option: 50%
2. Who cautioned against blindly following online recommendations from influencers regarding vitamins and supplements?
- Option: Caroline Thomason R.D.
  - Option: National Institutes of Health
  - Option: Primary care physicians
  - Option: Wellness influencers
3. Which vitamins are considered fat-soluble and carry risks of toxicity when consumed excessively?
- Option: Vitamin B
  - Option: Vitamin C
  - Option: Vitamin D
  - Option: Vitamin K
4. Who emphasizes the importance of obtaining essential nutrients primarily through food intake rather than relying solely on supplements?
- Option: National Institutes of Health
  - Option: Online influencers
  - Option: Primary care physicians
  - Option: Licensed dietitians
5. What can excessive intake of minerals like potassium and calcium lead to?
- Option: Reduced heart rate
  - Option: Kidney stones
  - Option: Improved bone density



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Option: Enhanced immune response

6. Why is it important to consult a healthcare provider before taking certain vitamins and minerals?

Option: To sell more supplements

Option: To avoid adverse health outcomes

Option: To follow online trends

Option: To gain popularity on social media

## Answer

**Multiple Choice:** 1. 50% 2. Caroline Thomason R.D. 3. Vitamin D 4. National Institutes of Health 5. Kidney stones 6. To avoid adverse health outcomes

## Vocabulary quizzes

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

1. What term describes significant changes or modifications?

Option: A) Alterations

Option: B) Phenomenon

Option: C) Biomarkers

Option: D) Toxicity

2. Which word means examined or inspected closely?

Option: A) Surge

Option: B) Endorsement

Option: C) Scrutinized

Option: D) Antioxidant

3. What term means to maintain or prolong something?

Option: A) Judiciously

Option: B) Perpetuate

Option: C) Complications

Option: D) Adverse

4. Which word relates to drugs or medications?



- Option: A) Nutrients
- Option: B) Medicaid
- Option: C) Disparities
- Option: D) Pharmaceutical

5. What term refers to a long duration or lifespan?

- Option: A) Expenditures
- Option: B) Longevity
- Option: C) Antioxidant
- Option: D) Eligibility

6. Which term describes introducing new ideas or methods?

- Option: A) Tolerability
- Option: B) Innovative
- Option: C) Beneficiaries
- Option: D) Fractures

7. Which term describes the period after menopause in women?

- Option: A) Osteoporosis
- Option: B) Postmenopausal
- Option: C) Anticipated
- Option: D) Toxicity

8. What term refers to the state of meeting the criteria or qualifications?

- Option: A) Surged
- Option: B) Eligibility
- Option: C) Nutrients
- Option: D) Complications

9. Which word describes differences or inequalities?

- Option: A) Judiciously
- Option: B) Disparities
- Option: C) Biochemical
- Option: D) Alterations

10. What term describes breaks or cracks in bones?

- Option: A) Correlation
- Option: B) Fractures
- Option: C) Biomarkers
- Option: D) Surge



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

11. \_\_\_\_\_ can be observed in the genetic code due to environmental factors.
12. There was a sudden \_\_\_\_\_ in demand for the new product.
13. The patient's condition worsened due to unexpected medical \_\_\_\_\_.
14. The results of the experiment were as \_\_\_\_\_ by the researchers.
15. To apply for the scholarship students must meet the \_\_\_\_\_ criteria.
16. The chemical showed high levels of \_\_\_\_\_ in the lab tests.
17. The study focused on the \_\_\_\_\_ processes within cells.
18. Fruits and vegetables provide essential vitamins and \_\_\_\_\_ for the body.
19. Low-income families may be eligible for assistance through the state \_\_\_\_\_ program.
20. The presence of specific \_\_\_\_\_ can indicate the progression of a disease.

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

21. The eclipse was a rare natural event that fascinated astronomers around the world.
22. Her job requires a range of skills as it involves various aspects like marketing finance and operations.
23. The celebrity's strong support for the new fashion line led to increased sales.
24. He weighed the options carefully and made the decision .
25. The study found a strong between exercise and improved heart health.
26. The medication had effects on some patients causing discomfort.
27. Berries are known for their high levels of properties that help combat free radicals.
28. The company reviewed its financial records to analyze its budget and .



29. The charity event aims to raise funds for underprivileged children who are the of the donations.

30. The doctor considered the patient's reaction to the medication to determine its .

## Answer

**Multiple Choice:** 1. A) Alterations 2. C) Scrutinized 3. B) Perpetuate 4. D) Pharmaceutical 5. B) Longevity  
6. B) Innovative 7. B) Postmenopausal 8. B) Eligibility 9. B) Disparities 10. B) Fractures

**Gap-Fill:** 11. Alterations 12. Surge 13. Complications 14. Anticipated 15. Eligibility 16. Toxicity 17.  
Biochemical 18. Nutrients 19. Medicaid 20. Biomarkers

**Matching sentence:** 1. Phenomenon 2. Multi-faceted 3. Endorsement 4. Judiciously 5. Correlation 6. Adverse  
7. Antioxidant 8. Expenditures 9. Beneficiaries 10. Tolerability

## CATEGORY

1. Health - LEVEL6

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