



## Top 7 Omega-3 Supplements in 2024

### Description

Are You Getting Enough Omega-3s? Here's What You Need to Know

A recent report has revealed that only 10% of the population meets their recommended intake of seafood, falling short of the mark by a staggering 90%. The American Heart Association advises that we should all be consuming at least two servings of seafood, particularly fatty fish, each week to maintain optimal health.

Fatty fish like salmon, sardines, herring, and mackerel are rich sources of omega-3 fatty acids, essential nutrients that support heart health, skin health, brain function, eye health, and the immune system. If you struggle to incorporate fish into your diet regularly, consider taking a fish oil or omega-3 supplement to bridge any nutritional gaps.

Experts recommend a supplement with a minimum of 500 milligrams of combined EPA and DHA for overall health. To help you choose the best omega-3 supplement, we spoke to renowned sports dietitian Dr. Christopher Mohr and NOW wellness expert Dawn Jackson Blatner for their recommendations.

When selecting an omega-3 supplement, consider factors such as the type of omega-3s present, the concentration of EPA and DHA, the source of fish oil, and third-party testing for purity and potency. Look for certifications from reputable organizations like GOED, Informed Choice, NSF, IFOS, and FOS to ensure quality.

In addition to traditional soft gel supplements, there are liquid and gummy options available. Choose the form that best suits your preferences and lifestyle. Ensure that your supplement includes both EPA and DHA, as these are the most beneficial omega-3 fats.

By incorporating omega-3 supplements into your daily routine, you can support your overall health and well-being. Remember to store your supplements correctly and check expiry dates to ensure efficacy. Consult with a healthcare professional before starting any new supplement regimen.

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## Vocabulary List:

1. **Intake** // (noun): The amount of something that is taken in eaten or drank.
2. **Optimal** // (adjective): Best or most favorable.
3. **Nutrients** // (noun): Substances that provide nourishment essential for growth and the maintenance of life.
4. **Incorporate** // (verb): To include something as part of a group system plan or pattern.
5. **Regimen** // (noun): A regulated system of diet and exercise.
6. **Certifications** // (noun): The act of confirming or guaranteeing something especially the quality or authenticity of a product.

## Vocabulary quizzes

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

1. What term is used to describe the sudden increase in cases of a disease in a specific area?  
Option: A. Epidemic  
Option: B. Transmission  
Option: C. Zoonotic  
Option: D. Therapies
2. Which process involves heating liquids such as milk to kill pathogens?  
Option: A. Inflammation  
Option: B. Zoonotic  
Option: C. Pasteurization  
Option: D. Genetic profiles
3. What are the essential components of food that are necessary for growth and health?  
Option: A. Regimen  
Option: B. Nutrients  
Option: C. Intake



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Option: D. Outbreak

4. Which term refers to diseases that can be transmitted from animals to humans?

Option: A. Epidemiology

Option: B. Premature

Option: C. Zoonotic

Option: D. Modifying

5. What statistical data is related to the population and subgroups within it?

Option: A. Edible

Option: B. Demographics

Option: C. Disparities

Option: D. Stark

6. Which term means harsh grim or desolate?

Option: A. Alarming

Option: B. Stark

Option: C. Groundbreaking

Option: D. Classification

7. What is the body's response to injury characterized by redness swelling and pain?

Option: A. Incorporate

Option: B. Inflammation

Option: C. Certifications

Option: D. Premature

8. What should be incorporated in a well-balanced diet to maintain health?

Option: A. Edible

Option: B. Therapies

Option: C. Nutrients

Option: D. Transmission

9. Which term means occurring before the usual time or before it is fully developed?

Option: A. Premature

Option: B. Botanical

Option: C. Intake

Option: D. Exacerbating

10. Which process involves categorizing items based on similarities or differences?



- Option: A. Modifying
- Option: B. Classifications
- Option: C. Certifications
- Option: D. Groundbreaking

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

11. \_\_\_\_\_ is the study and analysis of the patterns causes and effects of health and disease conditions in defined populations.
12. It is important to achieve \_\_\_\_\_ levels of nutrient intake for overall well-being.
13. Poor air quality can have an \_\_\_\_\_ effect on respiratory conditions like asthma.
14. Public health \_\_\_\_\_ are aimed at promoting and protecting the health of the community.
15. Healthcare professionals often pursue specific \_\_\_\_\_ to demonstrate their expertise in certain areas.
16. \_\_\_\_\_ dietary habits can lead to improved health outcomes over time.
17. Ensure that you consume a variety of nutritious and \_\_\_\_\_ foods for a balanced diet.
18. Addressing healthcare \_\_\_\_\_ is crucial for achieving health equity across different populations.
19. The development of a new treatment with unprecedented effectiveness is considered \_\_\_\_\_ in the medical field.
20. Following a consistent exercise \_\_\_\_\_ can improve physical fitness and overall health.

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



21. Various forms of treatment used to alleviate symptoms and promote healing in patients.
22. Unique genetic information that influences an individual's characteristics and susceptibility to diseases.
23. Related to plants or plant life often used in reference to natural remedies.
24. To include or cover a wide range of concepts or entities within a single scope.
25. Vital essential or critical in relation to a successful outcome or process.
26. To integrate or include something as part of a whole.
27. Causing worry fear or concern due to potential dangers or threats.
28. Indications or signs of a medical condition experienced by an individual.
29. A branch of medicine that deals with the incidence distribution and control of diseases.
30. The process by which a disease is passed from one person to another or from an animal to a person.

## Answer

**Multiple Choice:** 1. A. Epidemic 2. C. Pasteurization 3. B. Nutrients 4. C. Zoonotic 5. B. Demographics 6. B. Stark 7. B. Inflammation 8. C. Nutrients 9. A. Premature 10. B. Classification

**Gap-Fill:** 11. Epidemiology 12. optimal 13. exacerbating 14. interventions 15. certifications 16. Modifying 17. edible 18. disparities 19. groundbreaking 20. regimen

**Matching sentence:** 1. Therapies 2. Genetic profiles 3. Botanical 4. Encompass 5. Crucial 6. Incorporate 7. Alarming 8. Symptoms 9. Epidemiology 10. Transmission

## CATEGORY

1. Health - LEVEL6

### Date Created

2024/05/07

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