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## Top 7 Omega-3 Supplements in 2024

### Description

Only 10 percent of the population consumes the recommended amount of seafood, falling short by 90 percent. The American Heart Association advises that individuals should consume at least two servings of seafood, particularly fatty fish, weekly. Fatty fish such as salmon, sardines, herring, and mackerel are rich in omega-3 fatty acids essential for heart, skin, brain, eye, and immune system health.

For those not consuming fish weekly, a fish oil or omega-3 supplement is recommended. Sports dietitian Christopher Mohr suggests a supplement with a minimum of 500 milligrams combined EPA and DHA for overall health. To assist in finding the best omega-3 supplements, insights were obtained from Mohr and NOW wellness expert Dawn Jackson Blatner.

The top recommendations include Nordic Naturals Ultimate Omega 2X, OceanBlue Professional Omega-3 2100, NOW Ultra Omega-3 Fish Gelatin Softgels, Carlson's The Very Finest Fish Oil, Nordic Naturals Ultimate Omega Gummy Chews, and OceanBlue Professional Omega-3 1300 Vegan. These supplements provide high doses of EPA and DHA from quality sources and are rigorously tested for purity and potency.

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### Vocabulary List:

1. **Consumes** // (verb): Eatsingestsor uses up
2. **Recommended** // (adjective): Suggested or advised as the best course of action
3. **Seafood** // (noun): Edible fish or shellfish from the sea
4. **Falling short** // (phrase): Not meeting a goal or expectation
5. **Omega-3** // (noun): A type of polyunsaturated fatty acid beneficial for health
6. **Essential** // (adjective): Absolutely necessary or fundamental

### Vocabulary quizzes

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

1. What is the term for being admitted to a hospital for medical treatment?

- Option: Surgery
- Option: Check-up
- Option: Hospitalization
- Option: Home care



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2. What term refers to the mental action or process of acquiring knowledge and understanding?

- Option: Intuition
- Option: Cognition
- Option: Reaction
- Option: Sensation

3. What word describes the changing of the structure of a gene resulting in a variant form?

- Option: Evolution
- Option: Emphasis
- Option: Mutation
- Option: Adaptation

4. Which term is related to or concerning birds?

- Option: Aquatic
- Option: Reptilian
- Option: Mammalian
- Option: Avian

5. Which nutrient is commonly found in seafood and is essential for brain health?

- Option: Vitamin D
- Option: Protein
- Option: Omega-3
- Option: Iron

6. What term describes the ability to produce a desired or intended result?

- Option: Probable
- Option: Functioning
- Option: Effective
- Option: Difficulty

7. Which word means to give special importance or prominence to something in speaking or writing?

- Option: Ignore
- Option: Downplay
- Option: Emphasize
- Option: Mimic

8. What term refers to the action or process of recognizing or being recognized?

- Option: Confusion
- Option: Denial
- Option: Recognition
- Option: Oblivion

9. Which term describes the state of being separated from other people or things?

- Option: Inclusion
- Option: Integration
- Option: Isolation
- Option: Cooperation

10. Which word means to eat drink or ingest?

- Option: Preserve
- Option: Discard
- Option: Consume
- Option: Neglect

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

11. Overcoming \_\_\_\_\_ in life can lead to personal growth and development.

12. The \_\_\_\_\_ nature of the virus led to widespread illness.

13. Addressing the economic \_\_\_\_\_ in society is essential for achieving equality.

14. A \_\_\_\_\_ area has a population of 10,000 to 50,000 people.

15. The baby was born \_\_\_\_\_ and required special care in the neonatal unit.

16. It is \_\_\_\_\_ to eat a balanced diet for overall health.

17. The team's performance was good but it was just \_\_\_\_\_ of winning the championship.

18. Vitamins and minerals are \_\_\_\_\_ for the body to function properly.

19. Lack of sleep \_\_\_\_\_ cognitive function and decision-making abilities.

20. Medical \_\_\_\_\_ are required to treat the patient's condition.

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

21. The student showed talent in mathematics far surpassing his peers.

22. The doctor the patient with a rare autoimmune disorder.

23. The marine biologist studied the behavior of species such as dolphins and whales.

24. are a type of brain cell that produce myelin protecting nerve fibers.

25. The rapid of the virus necessitated strict containment measures.

26. Exploring new career can lead to unexpected opportunities.

27. The research results showed potential for future applications in medicine.

28. His expertise in the field was widely by his colleagues.

29. The accident left him with an ability to walk unaided.

30. Excessive alcohol can have serious health consequences.

## Answer

**Multiple Choice:** 1. Hospitalization 2. Cognition 3. Mutation 4. Avian 5. Omega-3 6. Effective 7. Emphasize 8. Recognition 9. Isolation 10. Consume

**Gap-Fill:** 11. Challenges 12. Pathogenic 13. Disparities 14. Micropolitan 15. Premature 16. Recommended 17. Falling short 18. Essential 19. Impairs 20. Interventions

**Matching sentence:** 1. Exceptional 2. Diagnosed 3. Cetacean 4. Oligodendrocytes 5. Transmission 6. Avenues 7. Promising 8. Recognized 9. Impaired 10. Consumption

## CATEGORY

1. Health - LEVEL2

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