



Choose the correct linking word.

### OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are widely distributed in nature, \_\_\_\_\_ important constituents of animal lipid metabolism, and they play an important role in the human diet and in human physiology.

For many years doctors had linked the consumption of marine omega-3 fats to a lower risk of cancer and cardiovascular disease, \_\_\_\_\_ the evidence was poor. \_\_\_\_\_, omega-3 fats had been a popular dietary supplement for patients with such risks until the year 2007.

In that year an extensive study proved that dietary supplementation with omega-3 fatty acids did not appear to affect the risk of cancer or heart disease. \_\_\_\_\_, fish oil supplement studies have failed to support claims of preventing heart attacks or any vascular disease outcomes. \_\_\_\_\_, a 2021 study concluded that a 1% increase of omega-3 acids in the blood was associated with an almost 5-year increase in lifespan (продолжительность жизни). Increasing our omega-3 intake may \_\_\_\_\_ promote better health and longevity [lɒn'dʒevɪtɪ] (долголетие). Thus, \_\_\_\_\_ the fact that the mechanism is still unclear, Omega-3 fatty acids do improve the quality of our lives.

