

Fill in the gaps with the words from the box:

alleviate inhibit bolsters make up for tranquil backfire swear by falls into
put ___ to the test eating away at drifting off satiety withdrawal(x2) staple

Chocolate can help prevent tooth decay (fact)

Tooth decay appears when your mouth plays a home to bacteria that turn sugar into acids, further _____ the surface of teeth causing cavities. The antibacterial agents in cocoa beans tend to _____ the growth of these bacteria and prevent tooth decay. Choose to eat dark chocolate as it contains more cocoa. However, this doesn't mean you eat chocolate daily.

Having low vitamin D is linked to a bad mood (fact)

As a supplement, vitamin D has been a common _____ on drugstore shelves for years — and its popularity is only growing. Studies claims that it _____ our bone health, muscle function and immune system. but what many people may not know, though, is that vitamin D deficiency also affects mood and depressive symptoms. According to a study published in July 2018 in Genes and Nutrition, vitamin D plays a role in the production of serotonin, which helps regulate mood and sleep.