The best answer is (B) because it is parallel with the other items in the sequence: *boosts* immunity and *helps* maintain good vision. Answer choices (A), (C), and (D) are not in the simple present tense and therefore are not parallel.

In the Written Expression section, sentences have the same errors in parallel structure as in the Structure section. Sentences have a sequence of three or more items, but here one of the items in the sequence is not grammatically parallel with the other items in the sequence.

Example: Symptoms of mild vitamin C deficiency may be weakness, (A)
irritability, losing weight, and apathy. (B) (C) (D)

The best answer choice is (C) because it is not parallel with the other items in the series: losing is a gerund whereas the other items are nouns.

Exercises on Parallel Structure

From the four underlined words or phrases (A), (B), (C), or (D), identify the one that is not correct.

1. In the human body, phosphorus compounds are found chiefly in (A)
the bones, brain, and nervous. (B) (C) (D)

2. Pipelines are continually inspected for leaks and for damage caused by (A)
such conditions as freezing temperatures, heavy rain, and soil erode. (B) (C) (D)

3. The sounds produced by a musical instrument, to whistle, or a siren (A) (B) (C)
have seven frequencies at the same time. (D)

4. Plastics used to make textiles can be drawn into fine threads, then (A) (B)
woven or knit into fabrics. (C) (D)

5. Insufficient protein in the diet may cause a lack of energy, (A) (B)
stunted growth, and lowering resistance to disease. (C) (D)

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6. Chemical substances (A) called hormones, many of which are proteins, control such processes as growth (B), develop (C), and reproduction (D).

From the four words or phrases (A), (B), (C), or (D), choose the *one* that best completes the sentence.

7. To qualify as a language, a communication system must have the features of meaningfulness, _____, and productivity.
   - **(A)** displacement
   - **(B)** to displace
   - **(C)** displacing
   - **(D)** to be displaced

8. Many mental disorders are believed to result from a combination of emotional, _____, and biological factors.
   - **(A)** society
   - **(B)** social
   - **(C)** socially
   - **(D)** to be social

9. A neuron cell can not only receive messages from sense organs, but it can also _____.
   - **(A)** to transmit messages throughout the body.
   - **(B)** by transmitting messages throughout the body
   - **(C)** transmit messages throughout the body
   - **(D)** a transmitter of messages throughout the body

10. Morse invented a code in which letters, numbers, and _____ are changed into short and long signals called dots and dashes.
    - **(A)** punctuate
    - **(B)** punctuating
    - **(C)** to punctuate
    - **(D)** punctuation

11. Hormones have many jobs, from promoting bodily growth to _____ to regulating metabolism.
    - **(A)** aid digestion
    - **(B)** aiding digestion
    - **(C)** be of aid to digestion
    - **(D)** an aid of digestion

12. Thomas Malthus claimed that disease, war, famine, and _____ act as checks on population growth.
    - **(A)** moral restraining
    - **(B)** morally restrain
    - **(C)** moral restraint
    - **(D)** by moral restraint

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