

## MULTIPLE STRUCTURES IN FUNCTIONAL FOODS IMPORTANCE OF FOOD PRODUCTS

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### ABSTRACT

*Oxygen is necessary for a person to lead a healthy and active lifestyle, because it is an element that the human body constantly needs. Unfortunately, in the last 200 years, the amount of oxygen in the atmosphere has decreased by half. The main reason for this is an ecological cataclysm. For the normal functioning of all organs and tissues of the human body, the amount of pure oxygen in the ambient air must not be less than 20%. The rapid pollution of the atmosphere and the general deterioration of the ecological situation have led to the fact that the amount of pure oxygen in large cities, especially in some of its regions, does not exceed 10-12% from time to time. Because of this, the majority of the population suffers directly or indirectly from oxygen deficiency.*

**KEYWORDS:** *Chronic Fatigue, Brain Activity, Accelerates Blood, Weight, Pulmonary Hypertension.*

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