$$\exists c \exists no: \forall n > no$$

 $f \in \mathcal{N}(z)$ $f(n) \leq c \cdot g(n)$
 $f \in \Omega(z)$ $f(n) \geq c \cdot g(n)$
 $f \in \Omega \iff (f \in \mathcal{O}(g) \land f \in \Omega(g))$

(h)

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 $f \in \Omega(g) \land f \in \Omega(g)$

(h)