

Everybody

Everyday

For Life!

Everybody - Everyday - For Life!™

RESEARCH INDICATES THAT:

1. Vitamin D is ESSENTIAL for wellness and prevention. Sufficient levels of vitamin D are necessary for the proper function of the immune system, for cardiovascular health, for bone growth and repair, and for overall wellness and prevention. Those who are deficient in vitamin D live shorter, more illness plagued lives than those who are sufficient in vitamin D. Vitamin D is an essential genetic requirement for human wellness and prevention.
2. Industrial humans are DANGEROUSLY DEFICIENT in vitamin D. Humans are genetically designed to get their vitamin D from DAILY sunlight. Modern humans living in northern climates simply cannot get enough sun exposure to produce sufficient levels of vitamin D. Even those who live in sunny climates rarely, if ever, get enough sun exposure due to clothing and use of sunscreens.

3. The only way to assure sufficient amounts of vitamin D is through daily SUPPLEMENTATION. Dietary sources of vitamin D are simply not sufficient. Genetically humans are not designed to get vitamin D from food; we are designed to get it from sun exposure. The only way to get sufficient amounts of vitamin D is to supplement with vitamin D3, the same form of vitamin D that is produced by sun exposure.



NATURALLY OCCURRING VITAMIN D

How to consume Innate Choice® D-Sufficiency™ Drops and Natural A & D Sufficiency™ cod liver oil:

Follow the directions on the product label and suggested servings.

Visit www.innatechoice.com for more information or speak with your Wellness Practitioner.

These products may be added to food or drink or taken directly by mouth.

Do not heat or cook.

To order Innate Choice® Vitamin D for you and your family speak to your Wellness Practitioner or go to:

www.innatechoice.com

Innate Choice®
The Science of Wellness Nutrition

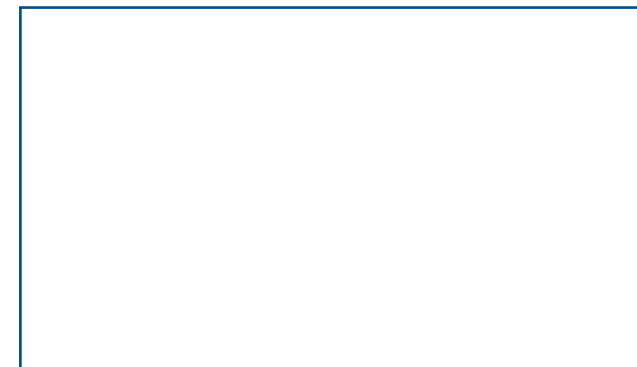
THE ESSENTIAL NUTRIENT SYSTEM™

Omega - 3 Vitamin D
Probiotics Micronutrients

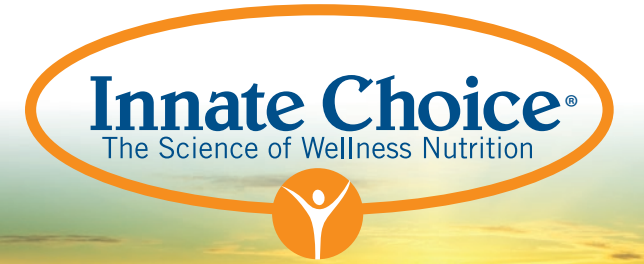
"These nutrients are not optional, they are essential for human wellness and prevention in the 21st century."
Dr. James L. Chestnut - Author of The Innate Diet™ and Founder of Innate Choice®

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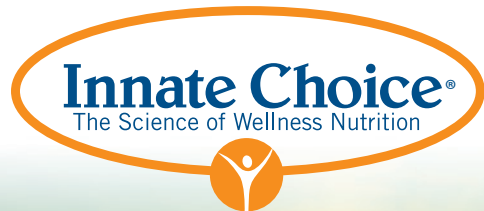
Please visit www.innatechoice.com for a complete list of references supporting the importance of daily supplementation for wellness and prevention.



www.innatechoice.com



Providing Sufficiency For Your Whole Family. The World's Premier Vitamin D Supplements!



www.innatechoice.com

Everybody

Everyday

For Life!

VITAMIN D

100% NATURAL VITAMIN D3



Dr. James L. Chestnut
B.Ed., M.Sc., D.C., C.C.W.P.
Founder of Innate Choice®

As an expert in the science and practice of wellness and prevention, Dr. Chestnut fully understands the importance of supplementation with naturally occurring vitamin D for human health. This is why Dr. Chestnut has created Natural A & D Sufficiency™ genuine Norwegian cod liver oil and D-Sufficiency™

drops. Both products contain 100% NATURALLY OCCURRING vitamins (no synthetic vitamin A or D) and are CONTAMINANT FREE. This devotion to quality and purity is what makes Innate Choice® Natural A & D Sufficiency™ cod liver oil and D-Sufficiency™ drops the world's premier vitamin D supplements. †

Conclusive scientific evidence indicates that modern industrial human beings are dangerously deficient in vitamin D. Research shows this vitamin D deficiency is a common causal factor in pandemic levels of illness and suffering.

Deficiencies in vitamin D have been linked to greater risk of severe conditions/illnesses throughout life:

Children: Improper bone growth and development, diabetes, autism, asthma, weakened immunity, allergies, increased susceptibility to colds and flu, decreased ability to heal.

Teens and Adults: Cancer, heart disease, autoimmune diseases, osteoporosis, multiple sclerosis, chronic bone and muscle pain, weakened immunity, allergies and atopic disorders, increased susceptibility to colds and flu, chronic inflammation.

Elderly: Osteoporosis, cancer, heart disease, autoimmune disease, weakened immunity, increased risk of infection, increased susceptibility to colds and flu, chronic inflammation.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Facts You Need To Know

“Abnormal levels of vitamin D are associated with a whole spectrum of diseases, including cancer, osteoporosis, and diabetes, as well as cardiovascular and autoimmune disorders.”

Kremer et al. March 2010 J. of Clin. Endocrinology and Metabolism.

Fact: Vitamin D deficiency can have severe consequences and is linked to very serious illness in people of all ages. Vitamin D deficiency is linked to cancer, heart disease, asthma, allergies, autism, autoimmune diabetes, seasonal colds and flu and a plethora of other serious illnesses.

Fact: Vitamin D deficiencies are linked to the following forms of cancer: colon, esophageal, gallbladder, gastric, pancreatic, rectal, small intestine, bladder, kidney, prostate, breast, endometrial, ovarian, Hodgkin's lymphoma, non-Hodgkin's lymphoma.

Fact: It is estimated that 50,000-70,000 U.S. citizens and 30,000-35,000 U.K. residents die prematurely from cancer annually due to insufficient vitamin D.

Fact: Vitamin D regulates parathyroid hormone (PTH) levels and serum calcium levels. Vitamin D increases the absorption of calcium and is essential for the development and maintenance of bones and teeth.

Fact: Research suggests that Vitamin D deficiency can lead to musculoskeletal pain syndromes.

Fact: Vitamin D3 is made in the skin from exposure to Ultraviolet-B (UVB) radiation.

Fact: Unless you are getting 30 minutes of summer sunlight exposure on large parts of your body every day you will almost certainly be deficient in vitamin D.

Fact: Research is clear that the vast majority of people living in industrialized society have deficient sun exposure and thus are deficient in Vitamin D.

Fact: You cannot get adequate amounts of vitamin D from your diet. Humans are genetically designed to get vitamin D from sun exposure not our diets.

Fact: Research indicates that daily supplementation with Vitamin D can significantly reduce the burden of both chronic and infectious diseases.

Fact: Vitamin D supplementation can enhance immunity to bacterial and viral infections, reducing the risk of diseases such as pneumonia, periodontal disease, septicemia, tuberculosis, influenza, bronchitis and the common cold and flu.

Fact: Research suggests that Vitamin D supplementation can also reduce the risk of metabolic disorders such as cardiovascular disease, coronary heart disease, type 2 diabetes (NIDDM), hypertension, and stroke.

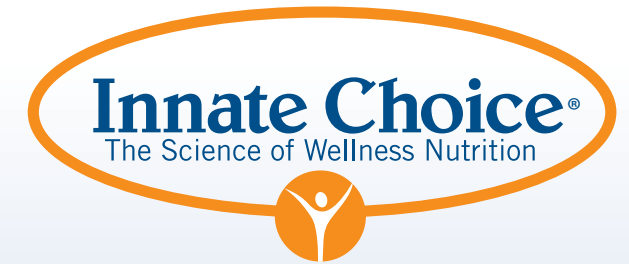
Fact: Vitamin D supplementation can reduce the risk of autoimmune diseases such as multiple sclerosis (MS) and type 1 diabetes mellitus (IDDM).

Fact: Vitamin D supplementation reduces the risk of hip fractures and non-vertebral fractures.

Fact: Sufficiency in Vitamin D is required for wellness and prevention during all stages of life, from fetal development to old age. In the absence of adequate sun exposure, DAILY vitamin D supplementation for children and adults is ESSENTIAL.

“It has become increasingly apparent that Vitamin D sufficiency is required for optimal health.”

Grant, WB and Holick, MF. Benefits and requirements of Vitamin D for optimal health: A review. Alternative Medicine Review, Volume 10, number 2. 2005.



“The science has been conducted and the verdict is in; daily supplementation with naturally occurring vitamin D is now ESSENTIAL for wellness and prevention. Based on this scientific evidence I have added vitamin D to the Innate Choice Essential Nutrient System™.”

~Dr. James L. Chestnut

Author of The Innate Diet and Founder of Innate Choice Wellness Nutrition.

Innate Choice® Natural A & D Sufficiency™ cod liver oil and D-Sufficiency™ drops represent the world's premier Vitamin D supplements. Both products contain 100% NATURALLY OCCURRING vitamins (no synthetic vitamin A or D) and are CONTAMINANT FREE.

Natural A & D Sufficiency™ genuine Norwegian cod liver oil contains naturally occurring vitamin D and vitamin A in the whole food form and also contains EPA and DHA omega-3 essential fatty acids.

D-Sufficiency™ drops contain naturally occurring Vitamin D from lanolin delivered in CERTIFIED ORGANIC olive oil. Innate Choice® Natural A & D Sufficiency™ cod liver oil and D-Sufficiency™ drops are the purest, safest, most natural sources of Vitamin D available.

