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.

D-SUFFICIENCY™ Vitamin D3 Drops in Certified Organic Olive Oil

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

This product may be added to food or drink or taken directly by mouth.
Do not heat or cook.

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

www.innatechoice.com

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


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, autoimmunity, cardiovascular disease, 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 or large parts of your body every day, you will almost certainly be deficient in vitamin D.

FACT: Research shows 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 diet.

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.

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), hyperparathyroidism, and stroke.

FACT: Vitamin D supplementation can reduce the risk of autoimmune disease 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, ONLY vitamin D supplementation for children and adults is ESSENTIAL.

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