

Everybody

Everyday

For Life!

Everybody - Everyday - For Life!

OMEGA+D SUFFICIENCY™



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

As a father, a scientist, an author, a lecturer, and a clinician, Dr. Chestnut has been reading and reviewing literature regarding recovery, wellness, prevention, and performance for over 30 years. This research has culminated in the development of OmegA+D Sufficiency™. OmegA+D Sufficiency™ is the most evidence-based, most effective supplement for recovery, wellness, prevention, and performance ever formulated. OmegA+D Sufficiency™ contains the ideal synergistic amounts and combination of omega-3 fatty acids, vitamin D, and vitamin A that you need to get better, stay better, and perform better.



**Best Ingredients**  
**Best Results**  
**Best Value™**



## OmegA+D SUFFICIENCY™

OMEGA-3 FISH OIL  
COD LIVER OIL  
VITAMIN D3

How to consume Innate Choice® OmegA+D Sufficiency™:

Adults: 1-2 servings per day.  
Children: 1/2 serving for every 40 pounds of body weight.

*Try adding to foods such as smoothies or salad dressings!*

To order Innate Choice® OmegA+D Sufficiency™ for you and your family speak to your Health Practitioner or go to:

[www.innatechoice.com](http://www.innatechoice.com)

**Innate Choice**  
The Science of Wellness Nutrition

THE ESSENTIAL NUTRIENT SYSTEM™

Omega - 3      Probiotics  
Vitamin D3      Multivitamin

**Best Ingredients**  
**Best Results**  
**Best Value™**

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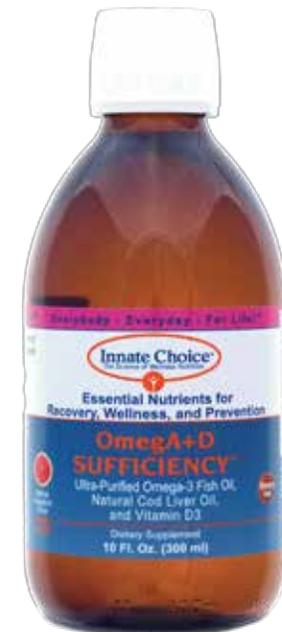
Please visit [www.innatechoice.com](http://www.innatechoice.com) for a complete list of references supporting the importance of daily supplementation for recovery, wellness, prevention, and performance.



[www.innatechoice.com](http://www.innatechoice.com)

# OmegA+D SUFFICIENCY™

The ideal synergistic combination of omega-3, vitamin D3, and vitamin A creating the perfect supplement for recovery, wellness, prevention, and performance.



**Get Better**  
**Stay Better**  
**Perform Better™**

[www.innatechoice.com](http://www.innatechoice.com)

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## Recovery



### Better Recovery from:

- Neurological, Muscular, and Joint Injury
- Pain and Inflammation
- Arthritis
- Diabetes
- Obesity
- Heart Disease
- Depression
- Digestive Disorders
- Cognitive Disorders

Goldberg RJ, Katz J. A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. *Pain* 129 (2007) 210-233.

Al Faraj S, Al Mutairi K. Vitamin D deficiency and chronic low back pain in Saudi Arabia. *Spine* 2003;28:177-179.

Stewart Leavitt, Ph.D. Vitamin D – A Neglected ‘Analgesic’ for Chronic Musculoskeletal Pain. *Pain Treatment Topics* June 2008

\* For full list of references go to [www.innatechoice.com](http://www.innatechoice.com)

## Wellness and Prevention



### Better Wellness

- Better Energy and Vitality
- Better Overall Health
- Better Cognitive Abilities
- Better Immune Function
- Better Appearance

### Better Prevention of:

- Heart Disease, Obesity, Diabetes
- Depression, Cognitive Disorders, Early Aging
- Cancer and virtually every other Chronic Illness

Larsson, SC et. al. Dietary long-chain n-3 fatty acids for the prevention of cancer: a review of potential mechanisms. *Am J Clin Nutr* 2004;79:935-45.

Lappe, JM et al. Vitamin D and calcium supplementation reduces cancer risk: results of a randomized trial. *Am J of Clin Nutr* 2007;85:1586-1591.

Connor, W.E. Importance of n-3 fatty acids in health and disease. *Am J Clin Nutr*, 2000 71(1): 171S-175S June 2008

\* For full list of references go to [www.innatechoice.com](http://www.innatechoice.com)

## Performance



### Better Performance

- Better Nerve and Brain Function
- Better Strength
- Better Balance
- Better Endurance
- Better Speed
- Better Muscle Mass
- Better Fat Burning
- Better Recovery Time
- Better Injury Prevention

Mickleborough, T.D. Omega-3 polyunsaturated fatty acids in physical performance optimization. *Int J Sport Nutr. Exerc. Metab.* 2013; 23: 83-96

Cannell et al. (2009) Athletic Performance and Vitamin D. *Medicine and Science in Sports and Exercise.* 41 (5) 1102-1110

Wicherts, IS et al. Vitamin D status predicts physical performance and its decline in older persons. *J Clin Endocrinol Metab* 2007;92:2058-2065.

\* For full list of references go to [www.innatechoice.com](http://www.innatechoice.com)



OmegA+D Sufficiency™ provides **perfectly sufficient amounts** and the **perfect ratio** of omega-3 fatty acids (EPA, DPA, DHA) and naturally occurring vitamin D3 and vitamin A from Norwegian fish and cod liver oils. OmegA+D Sufficiency™ is the ideal synergistic combination of essential nutrients for maximizing epigenetic expression of recovery, wellness, prevention, and performance. OmegA+D Sufficiency™ is also infused with 100% natural lemon or grapefruit flavor and it **tastes great!**

### 100% Natural Flavors Tastes Great!



#### Lemon



#### New Grapefruit

The benefits are overwhelming:  
1. Clinicians who recommend OmegA+D Sufficiency™ will accomplish better patient health outcomes for their patients.

2. Patients who take OmegA+D Sufficiency™ will experience better recovery, greater overall wellness and prevention, and increased performance.

**The GOLD STANDARD  
for Recovery, Wellness,  
Prevention, and Performance.**

