OmegA+D SUFFICIENCY™

Recovery



Better Recovery

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

Wellness and Prevention



Better Wellness

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

Better Prevention

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-175SJune 2008

* For full list of references go to www.innatechoice.com



Performance



Better Performance Better Neuromuscular Performance Better Strength Better Balance Better Endurance Better Speed Better Muscle Mass Better Fat Burning Better Recovery Time Better Injury Prevention

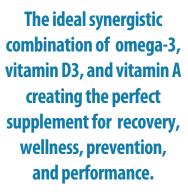
Mickleborough, T.D. Omega-3 polyunsaturated fatty acids in physical performance optimization. Int J Sport Nutr. Exerc. Metab. 2013; 23: 83-96

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

www.innatechoice.com



Innate Choice

Essential Nutrients for covery, Wellness, and Prevention

> ta-Punfied Omega-3 Fish Ok. Natural Cod Liver Oil, and Vitamin D3

10 FL Oz. (300 ml)

Get Better Stay Better Perform Better™