

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™**

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-175S June 2008

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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.

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