

Vitamin D Intake

- There is absolutely no debating the **fact** that most people living in industrial society have deficient levels of vitamin D. Very few people get the 20 minutes per day of bare skin sun exposure (no clothing or sunscreen lotion) required for sufficiency.
- Being deficient in vitamin D is a significant causal factor in the following: cancer, heart disease, multiple sclerosis, inflammation, depression, colds and flu, decreased immune function, asthma, autism, asthma, autoimmune diabetes, allergies, bone loss, chronic pain, loss of athletic performance, and premature aging due to decreased ability to repair DNA telomeres.
- Vitamin D deficiency is a causal factor in so many diverse health problems because vitamin D is an essential nutrient that all humans require in sufficient amounts for health and the prevention of illness.
- Vitamin D-sensitive cancers were responsible for **257,000 deaths (46% of all cancer deaths in U.S. in 2007)**.¹
- Patients with clinical depression given vitamin D supplements had significantly enhanced moods and a reduction of negative symptoms.²
- Research indicates that vitamin D deficiency should be considered in all patients with chronic pain, muscle weakness or fatigue, fibromyalgia, or chronic fatigue syndrome.³
- Vitamin D supplementation reduced the incidence of cold and flu by almost 100% (only one in 104 subjects developed cold or flu over winter months).⁴
- In a study of chronic back pain patients symptoms significantly improved in 100% of the patients who were low in vitamin D and received supplementation.⁵
- Innate Choice D-Sufficiency is the World's Premier Vitamin D supplement and is delivered in a medium of 100% certified organic olive oil. Sufficient Intake = Adults: 4000-5000 IUs per day (8-10 drops) depending on body weight ie 1000 IUs (2 drops) for every 40 pounds of body weight; Children: 1000 IUs per day (2 drops) for every 40 pounds of body weight.
- For a few pennies and a few seconds a day you can become sufficient in this essential, health producing, illness preventing nutrient.

Please visit <http://innatechoice.com/viewvideo.cfm?id=1F306184-A5E5-6F58-2B079288EEF7DB0D> for more detailed information and scientific references.

¹ Jemal A, et al. Cancer statistics, 2007. CA Cancer J Clin. 2007 Jan-Feb;57(1):43-66

² Stewart Leavitt, Ph.D. 2008 Vitamin D – A Neglected ‘Analgesic’ for Chronic Musculoskeletal Pain. Pain Treatment Topics.

³ Ibid.

⁴ Aloia, J et al. Epidemic Influenza and Vitamin D. Epidemiology and Infection 2007, Vol 135 (7) pp. 1095-1098

⁵ Al Faraj S, Al Mutairi K. Vitamin D deficiency and chronic low back pain in Saudi Arabia. Spine 2003;28:177-179