

# Everybody

# Everyday

# For Life!

Everybody - Everyday - For Life!®

### RESEARCH INDICATES THAT:

- 1. Plants and fruits contain Vitamins, Minerals, and Cofactors that are ESSENTIAL for recovery, wellness and prevention.**

Scientific and clinical research has proven that vitamins, minerals, and cofactors are ESSENTIAL for recovery, wellness, and prevention. Without sufficient amounts of these essential nutrients it is not possible to get or stay well.

- 2. The Western, Industrial Diet is DANGEROUSLY DEFICIENT in ESSENTIAL vitamins, minerals, and cofactors.**

Research is clear that we are deficient in our intake of fresh raw fruits and vegetables. We also know that modern, non-organic industrial farming techniques produce fruits and vegetables that contain significantly reduced amounts of essential vitamins, minerals, and cofactors.

- 3. Supplementation is a logical, affordable, and practical way to ensure SUFFICIENT intake of these ESSENTIAL nutrients.**

Although eating and juicing 10 servings of multicolored, local, organic, vine ripened fresh fruits and vegetables is the best way to ensure sufficient essential nutrient intake the fact is that most do not meet this requirement on a daily basis. Proper supplementation is an affordable, practical way to ensure sufficient intake of ESSENTIAL vitamins, minerals, and cofactors.

- 4. A Certified Organic, 100% Naturally Occurring, 100% Synthetic-Free, 100% Yeast Free, 100% Plant Derived, 100% Certified Organic Plant and Fruit Sourced Multivitamin-Mineral is the BEST, SAFEST, and MOST BENEFICIAL supplement choice you can make.**

Science is clear that what we require for recovery, wellness and prevention is SUFFICIENT daily intake of ESSENTIAL vitamins, minerals, and cofactors in their naturally occurring biochemical form as found in organic herbs, fruits, and vegetables. To ensure that the herb, fruit, and vegetable sources are PURE and that the supplement itself contains only naturally occurring nutrients the supplement must also be Certified Organic, 100% Synthetic-Free, and 100% Yeast-Free. Vita Sufficiency™ meets all of these exacting standards. In fact, Vita Sufficiency™ has SET THE STANDARD.



## VITA SUFFICIENCY™

**Certified Organic**  
**100% Naturally Occurring**  
**100% Organic Active Ingredients**

How to consume Innate Choice®  
**VITA SUFFICIENCY™**  
 The World's Premier  
**Multivitamin-Mineral Supplement:**

Adults should consume 4 capsules daily with meals, or as directed by your qualified health professional.

To order Innate Choice Vita Sufficiency™ for you and your family speak to your Wellness Practitioner or go to: [www.innatechoice.com](http://www.innatechoice.com)

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

**Innate Choice®**  
The Science of Wellness Nutrition

**THE ESSENTIAL NUTRIENT SYSTEM™**

Omega - 3      Vitamin D  
 Probiotics      Micronutrients

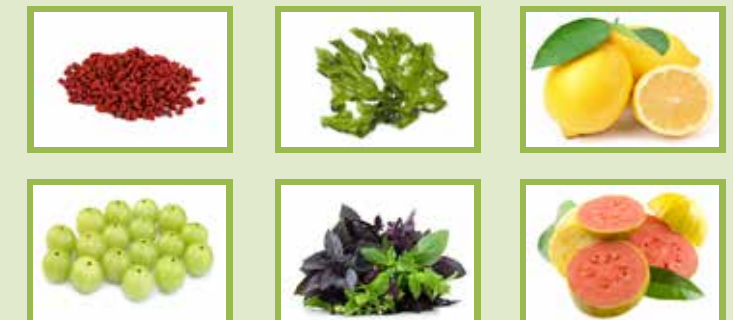
"Supplementation with these nutrients is not optional; it is essential for recovery, wellness, and prevention."  
 Dr. James L. Chestnut - Author of The Innate Diet™ and Founder of Innate Choice®

Everybody - Everyday - For Life!™

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



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



**100% Naturally Occurring**  
**Organic Multivitamin-Mineral**

## VITA SUFFICIENCY™



**Certified Organic**

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



# Everybody

# Everyday

# For Life!

# VITA SUFFICIENCY®



After seven years of painstaking research and development Dr. Chestnut has done it!

We are proud and excited to introduce **Vita Sufficiency™** the World's Premier Multi-vitamin-Mineral Supplement.

**Vita Sufficiency™** is made from Certified Organic fruits, vegetables and herbs. Every step from farming, to harvest, to processing is done using the highest organic standards.

**Vita Sufficiency™** contains vitamins, minerals, antioxidants, polyphenols, and bioflavonoids in their naturally occurring form.

**Vita Sufficiency™** provides FULL DISCLOSURE of the NATURALLY OCCURRING vitamin and mineral content and is 100% FREE of SYNTHETIC VITAMINS. All vitamins, minerals and cofactors are from plant and fruit sources and are thus in the biochemical form required for proper human digestion, absorption, and biological benefit.



## What you need to know about your supplements.

### What is the importance of a Certified Organic product? EVERYTHING!

Unless a product is certified organic you can be sure neither the product itself nor enough of its ingredients have been grown, harvested, or processed in a manner that meets the regulations for organic certification - nor can you be certain it is 100% synthetic-free. 100% of the vitamins, minerals, and cofactors in Vita Sufficiency come from 100% certified organic plants and fruits. Dr. Chestnut would accept nothing less on your behalf.

### What is the difference between Naturally Occuring and Synthetic? EVERYTHING!

To put it simply it is the difference between a 100% safe and beneficial naturally occurring essential nutrient and a potentially harmful manufactured chemical product. That's a BIG difference! Naturally occurring vitamins are in their natural biochemical state - they are in the form that is matched to our genetic biological needs. Synthetic vitamins are not from foods or anything else a human would normally eat - they are chemical products produced from things such as coal tar and are not in the same biochemical form as naturally occurring vitamins. This is why Vita Sufficiency™ is produced with only 100% naturally occurring vitamins, minerals, and antioxidants from fruits and plants and is 100% synthetic-free.

### How do I read a Vitamin Label? USE THE QUALITY AND VALUE CHECKLIST!

The first things to establish are whether or not the product is CERTIFIED ORGANIC and whether or not 100% of the vitamins, minerals, and cofactors come from 100% CERTIFIED ORGANIC plants and fruits. If the product does not display a CERTIFIED ORGANIC stamp, regardless of how many times they use the term organic, it is NOT CERTIFIED ORGANIC. Don't get fooled.

The next thing to establish is that the product is 100% synthetic-free. If it does not say this then you can be sure it isn't. If you see suffixes like acetate, bitartrate, chloride, gluconate, nitrate, or succinate you are seeing synthetics. Also look for non-food ingredients and things like YEAST or bacteria. Many manufacturers now feed synthetics to yeast or bacteria and then extract the vitamins and minerals back out and are allowed to call these natural!! Specifically ask the manufacturer if they use synthetics ANYWHERE in their process - again, don't get fooled.

Make sure there is a FACTS PANEL telling you the AMOUNT and SOURCE of vitamins, minerals, and cofactors such as polyphenols and bioflavonoids. If they don't tell you this it is because they don't want you to know! Don't buy anything unless you know exactly what you are getting for your money! Sources, biochemical forms, and amounts of ingredients are what determine quality and value!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Vita Sufficiency™

- CERTIFIED ORGANIC
- 100% Naturally Occurring
- 100% Organic Plants
- 100% Organic Fruits
- 100% Synthetic FREE
- 100% Gluten FREE
- 100% Soy FREE
- 100% Corn FREE
- 100% YEAST FREE

### Your Current Choice (check if it is)

- CERTIFIED ORGANIC
- 100% Naturally Occurring
- 100% Organic Plants
- 100% Organic Fruits
- 100% Synthetic FREE
- 100% Gluten FREE
- 100% Soy FREE
- 100% Corn FREE
- 100% YEAST FREE

### VITA SUFFICIENCY™

#### Supplement Facts

Serving Size: 4 Capsules  
Servings per Container: 30

Amount Per Serving	% Daily Value
Proprietary Blend 2,600 mg	
Organic Algae, Organic Amli <sup>1</sup> , Organic Annatto <sup>1</sup> , Organic Guava <sup>1</sup> , Organic Lemon <sup>1</sup> , Organic Sesbania <sup>1</sup> , Organic Holy Basil <sup>1</sup> Extracts	
Vitamin C (as Ascorbic Acid) 120 mg	200%
Vitamin E (as Alpha Tocopherols) 64 IU	213%
Vitamin B1 (as Thiamine) 5 mg	333%
Vitamin B2 (as Riboflavin) 5 mg	294%
Vitamin B3 (as Niacin) 7 mg	35%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Vitamin B9 (as Folic Acid) 80 mcg	20%
Natural Biotin 20 mcg	7%
Vitamin B5 (as Pantothenic Acid) 12 mg	120%
Calcium 404 mg	42%
Magnesium 38 mg	9%
Natural Zinc 1.5 mg	10%
Natural Selenium 14 mcg	20%
Natural Manganese 400 mcg	20%
Natural Chromium 24 mcg	20%
Bioflavonoids 20 mg	*
Mixed Carotenoids 200IU	*
ORAC 2,000 Units	*
Polyphenols 300 mg	*

\* Daily Value Not Established

Other ingredients: vegetable cellulose (capsule), rice flour, magnesium stearate

<sup>1</sup> Organ™ certified organic ingredients.

CERTIFIED ORGANIC