

# Everybody

# Everyday

# For Life!

Everybody - Everyday - For Life!™

### RESEARCH INDICATES THAT:

**1. Whole Fruits and Vegetables contain Natural Vitamins and Minerals that are ESSENTIAL for wellness and prevention.**

To date science has identified 13 vitamins and 15 minerals that are ESSENTIAL for health, vitality, wellness and prevention. Research is also clarifying the ESSENTIAL role of phytochemicals, antioxidants, cofactors, and activators and it is widely accepted that our understanding in this area is in its infancy.

**2. The Western Industrial diet is DANGEROUSLY DEFICIENT in ESSENTIAL nutrients from whole fruits and vegetables.**

Research is clear that we are deficient in our intake of fresh raw fruits and vegetables. We also know that modern industrial farming techniques produce fruits and vegetables that contain significantly reduced amounts of essential nutrients such as vitamins, minerals, phytochemicals, and antioxidants compared to wild fruits and vegetables.

**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 regular basis. Proper supplementation is an affordable, practical way to ensure sufficient intake of ESSENTIAL NUTRIENTS from whole fruits and vegetables.

**4. A 100% Organic, 100% Raw, 100% Naturally Occuring, 100% Synthetic-Free, Vine Ripened, Multicolored, Whole Food Supplement is the BEST, SAFEST, and MOST EFFECTIVE supplement choice you can make.**

Science is clear that what we require for wellness and prevention is SUFFICIENT amounts of the full spectrum of nutrients in their natural form as found in 100% Organic raw whole fruits and vegetables. To ensure that the fruit and vegetable sources are PURE and that the supplement itself contains only natural nutrients the supplement must also be 100% Certified Organic and 100% Synthetic-Free. Organic Sufficiency™ meets all of these exacting standards. In fact, Organic Sufficiency™ has SET THE STANDARD.



## ORGANIC SUFFICIENCY™

100% CERTIFIED ORGANIC

How to consume Innate Choice® ORGANIC SUFFICIENCY™

### Daily Serving Size

**Adults:** 6 tablets or two heaping teaspoons of powder.

**Children:** 2 tablets, or ½ teaspoon of powder, per 40 lbs of bodyweight.

\*Add powder to juice or smoothie and blend well.

To order Innate Choice® Organic 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)

## Natural Health

The Complete Daily Supplement System for you and your family.

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 Whole Food Superfood Multiple Vitamin/Mineral

## ORGANIC SUFFICIENCY™

100% Certified Organic

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

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

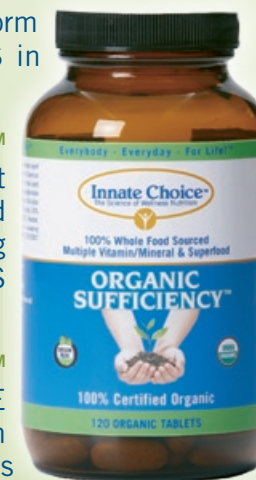
We are proud and excited to introduce ORGANIC SUFFICIENCY™ the World's Premier Multivitamin-Mineral Superfood.

ORGANIC SUFFICIENCY™ contains nothing other than 100% CERTIFIED Organic ingredients from WHOLE FOODS. Every step from farming to low temperature drying to packaging is 100% CERTIFIED Organic.

ORGANIC SUFFICIENCY™ contains vitamins, minerals, phytochemicals, and antioxidants in their natural, whole food form with ALL THE COFACTORS in place.

ORGANIC SUFFICIENCY™ is a LIVE WHOLE FOOD – it is produced with a patented low temperature drying process that MAINTAINS LIVE ENZYME ACTIVITY.

ORGANIC SUFFICIENCY™ provides FULL DISCLOSURE of the NATURAL vitamin and mineral content and is 100% FREE of SYNTHETIC VITAMINS. All minerals are from plant sources and are thus in the form required for proper human digestion and absorption.



100% CERTIFIED ORGANIC

### Questions You Need to Ask About Your Supplements!

#### What is the difference between Organic and 100% Certified Organic? EVERYTHING!

Unless it is 100% Certified Organic it means you are ingesting non-organic ingredients with every serving – period - no exceptions. This is why Dr. Chestnut INSISTED on 100% Organic Certification for everything to do with Organic Sufficiency™ including growing, harvesting, processing, and bottling.

#### What is the difference between Natural and Synthetic Vitamins? EVERYTHING!

To put it simply it is the difference between a 100% safe and beneficial natural occurring live food product and a potentially harmful chemical manufacturing product. That's a BIG difference! Natural Whole Food vitamins are in their natural state as living complexes with specific co-factors, enzymes, phytonutrients, antioxidants, and organic mineral activators – they are in the form that is congruent with our genetic biological needs. Synthetic vitamins are not from foods or anything else a human would normally eat – they are chemically isolated fractions of vitamins chemically produced from things such as coal tar. This is why Organic Sufficiency™ contains only 100% Natural Whole Food Vitamins and Minerals and is 100% Synthetic-Free.

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

The first thing to establish is whether or not it is 100% CERTIFIED ORGANIC. If it does not say this, no matter how many times they use the term organic, it is NOT 100% ORGANIC. Don't get fooled. The next thing is to ensure 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, hydrochloride, 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 and minerals. 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!

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.

#### ORGANIC SUFFICIENCY™

- 100% Certified Organic
- 100% Naturally Occurring
- 100% Whole Food Sourced
- 100% Unheated
- 100% Synthetic FREE
- 100% Gluten FREE
- 100% Soy FREE
- 100% Corn FREE

#### YOUR CURRENT CHOICE

(check if it is)

- 100% Certified Organic
- 100% Naturally Occurring
- 100% Whole Food Sourced
- 100% Unheated
- 100% Synthetic FREE
- 100% Gluten FREE
- 100% Soy FREE
- 100% Corn FREE

#### ORGANIC SUFFICIENCY™

##### Supplement Facts

Serving Size: 2 Heaping Teaspoons (approx. 5g)  
Servings Per Container: 30

Amount Per 5 grams	%DV	%DV
Vitamin A†	1394 IU	29
Vitamin C†	55 mg	91
Vitamin E†	12 IU	40
Vitamin D†	100 IU	25
Thiamin - Vitamin B1†	3.7 mg	250
Riboflavin - Vitamin B2†	6 mg	360
Niacin - Vitamin B3†	10 mg	50
Pyridoxine - Vitamin B6†	0.5 mg	25
Pantothenic acid†	2.5 mg	30
Vitamin K†	1.8 mcg	*
Biotin†	82 mcg	27
B-12†	125 mcg	2083
Folate†	9 mcg	2.5
Calcium†	110 mg	11
Magnesium†	14 mg	4
Iron†	1.2 mg	5
Copper†	2.1 mg	105
Manganese†	0.14 mg	7
Iodine†	78 mcg	52
Zinc†	1.1 mg	7
Proprietary Blend 5 grams		
Dried Organic Vegetables & Fruits:		
Rice Bran	*	
Amla berry	*	
Terminalia arjuna	*	
Apple	*	
Prune	*	
Oat Grass	*	
Barley Grass	*	
Carrot	*	
Black Currant	*	
Beet	*	
Pineapple	*	
Flax Seed	*	
Cranberry	*	
Spinach	*	
Pomegranate	*	
Kale	*	
Raspberry	*	
Cauliflower	*	
Watermelon	*	
Papaya	*	
Cilantro	*	
Wolfberry	*	
Dulse	*	
Parsley	*	
Blueberry	*	
Broccoli	*	

\* Daily Value (DV) Not Established

†As naturally occurring nutritional values from organic food and botanicals only.