

### *Research Indicates Importance of Synergistic Combination of Vitamins A & D from Cod Liver Oil*

Levine, S.A. The importance of a balanced approach to vitamin D supplementation. *Journal of Orthomolecular Medicine*. 2011;26(1):15-20

Ng, K.Y. et al. Vitamin A and vitamin D receptor expression and the proliferative effects of ligand activation of these receptors on the development of pancreatic progenitor cells derived from human fetal pancreas. *Stem Cell Rev*. 2011;7(1):53-63

#### QUOTE BOARD:

"Because they share a receptor, if we supplement either vitamin D or vitamin A in an unbalanced fashion, we create a functional deficiency of the one not supplemented."

"This would imply that the policy of giving Vitamin D supplement alone in pregnancy instead of cod liver oil would need adjustment. Cod liver oil, as a natural supplement of vitamin A and vitamin D, is well known for its beneficial effects on the growth of infants and children."

#### What You Need to Know:

Vitamins A and D are essential for recovery, wellness, prevention, and performance, and it is critically important that these vitamins are supplemented in a balanced fashion.

"Both vitamin A and vitamin D are far more than vitamins, with profound effects on every tissue of the body...they are involved in regulation of everything from bone to the brain, the kidney to the immune system, the heart to the pancreas."

Cod liver oil is the best natural source of vitamin A and vitamin D and it is also an excellent source of omega-3 fatty acids.

Innate Choice OmegA+D Sufficiency is a perfect blend of omega-3 fish oil and cod liver oil providing the perfect synergistic amounts of vitamin A, vitamin D, and omega-3 fatty acids. There simply is no better source of these essential nutrients.

#### What You Need to Do:

You and your family need to supplement with OmegA+D Sufficiency! Ask your practitioner or go to [www.innatechoice.com](http://www.innatechoice.com)