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## Omega Sufficiency™ Fish Oil and Natural A & D Sufficiency™ Cod Liver Oil Daily Consumption Recommendations

Innate Choice recently announced the addition of NATURAL A&D SUFFICIENCY™, The World's Premier Cod Liver Oil with 100% Naturally Occurring Vitamin A&D to our line of premier products. Since the cod liver oil also contains omega-3 fatty acids, some of our customers have asked for clarification regarding the amounts of each product that would be required on a daily basis.

Based on the scientific literature regarding the intake levels of our healthy ancestors and keeping in mind the modern tendency towards toxic levels of omega-6 fatty acids and deficient levels of omega-3 fatty acids, we recommend the following.

A good guideline is that humans require 450 mg of EPA, 300 mg of DHA, and 1000 IUs of Vitamin D per day **per 40 lbs** of body weight. Please note that Vitamin D requirements will change based on sun exposure (please see our newsletter entitled [Vitamin D - What Everyone Needs to Know](#)). EPA and DHA requirements do not change. Cod liver oil, although rich in omega-3 fatty acids, does not contain enough for adults and should therefore NOT be considered a replacement for Omega Sufficiency™.

### Supplementation Suggestions:

Both children and adults should take one teaspoon of Natural A&D Sufficiency™ Cod Liver Oil per day during low sun exposure periods. This is NOT based on seasons; it is based on ACTUAL sun exposure.

Children should get 1000-2000 IUs of Vitamin D per day. This will require one teaspoon of Natural A&D Sufficiency™ Cod Liver Oil plus 1000 IUs of Vitamin D (Innate Choice is currently developing the world's premier Vitamin D: D-Sufficiency™; look for more details soon).

Children weighing less than 80 pounds will get enough omega-3 fatty acids from the cod liver oil and thus do not require additional Omega Sufficiency™ (as long as their diets are low in omega-6). Children weighing more than 80 pounds will also require ½ to 1 serving of Omega Sufficiency™.

Adults require 2000-4000 IUs of Vitamin D per day. This will require one teaspoon of Natural A&D Sufficiency™ Cod Liver Oil per day plus 3000 IUs of Vitamin D from D-Sufficiency™.

Adult will also require a minimum of one serving of Omega Sufficiency™ per day depending on body weight.

### To Summarize:

- Children under 80 lbs: One teaspoon of Natural A&D Sufficiency™ Cod Liver Oil per day plus 1000 IUs of Vitamin D from D-Sufficiency™ drops.
- Children over 80 lbs: One teaspoon of Natural A&D Sufficiency™ Cod Liver Oil per day plus 1000 IUs of Vitamin D from D-Sufficiency™ drops plus ½ to 1 teaspoon of Omega Sufficiency™ fish oil.
- Adults: One teaspoon of Natural A&D Sufficiency™ Cod Liver Oil per day plus 3000 IUs of Vitamin D from D-Sufficiency™ drops plus 1-2 teaspoons of Omega Sufficiency™ fish oil.

SERVINGS PER DAY	Omega Sufficiency™	Natural A&D Sufficiency™	D-Sufficiency™
Children under 80 pounds	none	1 tsp	1000 IU
Children over 80 pounds	½ to 1 tsp	1 tsp	1000 IU
Adults	1-2 tsp	1 tsp	3000 IU