

# Everybody

# Everyday

# For Life!

# PROBIOTIC SUFFICIENCY™

## RESEARCH INDICATES THAT:

### 1. Probiotic bacteria are ESSENTIAL for wellness and prevention.

The human body contains 90% microorganisms and only 10% human cells. Dietary sufficiency of healthy microorganisms (probiotics) is necessary for the proper function of the digestive and immune systems and for overall wellness and prevention.

### 2. The Western diet is DANGEROUSLY DEFICIENT in Probiotic bacteria.

Research shows that we now consume one millionth of the healthy probiotic bacteria that we did before pesticides, herbicides, and industrial farming. We also kill many of our probiotic bacteria with poor nutrition, prescription drugs, and stress. This deficiency of healthy probiotic bacteria is implicated as a casual factor in lack of health and vitality and an alarming number of preventable illnesses from infancy to old age.

### 3. The only way to obtain sufficient amounts of healthy probiotic bacteria is through daily SUPPLEMENTATION.

The dietary sources of probiotic bacteria are virtually unavailable in industrialized society. Our fruits and vegetables are sprayed with pesticides, much of our food is pasteurized or irradiated, and we do not consume sufficient amounts of fresh, raw, local foods.

### 4. It is essential to supplement with the CORRECT TYPE of probiotic bacteria.

The type and source of probiotic that we are designed to benefit from come from soil, fruits, and vegetables NOT dairy, soy, corn or wheat. The type of probiotic bacteria we require was established thousands of years before humans developed agriculture or consumed dairy, soy, wheat or grains. Probiotic Sufficiency™ contains the correct type of probiotic bacteria.



## PROBIOTIC SUFFICIENCY™

The Innate Human Probiotic Formula

How to consume Innate Choice™ PROBIOTIC SUFFICIENCY™

The World's Premier Multi-Strain Probiotic Supplement

Adults should consume 2 capsules per day with a meal containing raw fruit or vegetables.

Children should consume ½ capsule per 40 pounds of body weight. Capsules can be broken and then mixed with drink or food. Once the capsule is broken open consume the probiotic immediately.

Keep Probiotic Sufficiency™ in the fridge or freezer to maintain maximum potency.

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

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

**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 probiotic supplementation for wellness and prevention.



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## For Life!

Officially endorsed by:



Thousands of scientific studies indicate the importance of daily probiotic supplementation for wellness and prevention.



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# PROBIOTIC SUFFICIENCY™



Dr. James L. Chestnut, B.Ed., M.Sc., D.C., C.C.W.P.

As an expert in the science and practice of family wellness and prevention, Dr. Chestnut understands the importance of supplementation with a natural, multi-strain probiotic formula. This is why PROBIOTIC SUFFICIENCY™ is derived from 100% vegetarian culture and contains no dairy, goat's milk, soy, wheat, or corn. PROBIOTIC SUFFICIENCY™ contains species of bacteria identified by scientific research as being essential for human wellness and prevention. This devotion to research is what makes Innate Choice™ PROBIOTIC SUFFICIENCY™ the world's premier probiotic supplement. †

† 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.

**Conclusive scientific evidence indicates that the Western diet is dangerously deficient in probiotic bacteria. Research shows this is a common causal factor in pandemic levels of illness and suffering.**

**Deficiencies in probiotic bacteria have been linked to greater risk of severe conditions/illnesses throughout life:**

**Infants and Children:** diarrhea, candida, digestive disorders, immune deficiency, vitamin deficiency, allergies, eczema, asthma, dermatitis, and decreased health and vitality.

**Teens and Adults:** digestive disorders, immune deficiency, vitamin deficiency, fibromyalgia, systemic infections, high cholesterol levels, candida, cancers, heart disease, and decreased health and vitality.

**Elderly:** digestive disorders, immune deficiency, vitamin deficiency, systemic infections, high cholesterol levels, bladder infections, cancer, heart disease, and decreased health and vitality.

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## Facts You Need to Know

**Fact: Probiotic bacteria are an essential requirement for proper immune system function, digestive system function, and vitamin production. In other words, sufficiency of probiotic bacteria is essential for the proper health and function of every cell, tissue, and organ in the body.**

**Fact:** Humans and probiotic bacteria require each other for health and vitality – together they form a healthy ecosystem just like soil and bacteria do.

**Fact:** Probiotic microflora represent 90% of the cells contained within the human body!

**Fact:** Colonization of the human gut with probiotic bacteria begins at birth with the first exposure to the flora of the birth canal – this is a crucial requirement for the proper development of the immune system.

**Fact:** A deficient probiotic profile of the mother, non-vaginal births, use of antibiotics, and the level of artificial hygiene are known to exert a significantly negative influence on the number and species of microorganisms that colonize the newborn gut.

**Fact:** Modern human diets, which are deficient in fruit and vegetable fiber, and toxic from dairy, refined sugars, alcohol, and prescription drugs, result in significantly lowered survival rates of probiotic bacteria and significantly higher survival rates of harmful or pathogenic illness-causing bacteria and yeasts.

**Fact:** Because of modern farming, food processing, and food preparation methods, we now consume less than ONE MILLIONTH the amount of healthy probiotic bacteria required to maintain a healthy intestinal ecosystem. We now also consume many more harmful bacteria due to modern agricultural methods including the widespread use of antibiotics which change the bacteria found in the animal products we consume.

**Fact:** Deficiencies in healthy probiotic bacteria are linked to deficiencies in immune function and digestive tract function and to decreased overall health and vitality.

**Fact:** Our human ancestors obtained sufficient amounts of probiotic bacteria from consuming non-sprayed, fresh-picked raw fruits and vegetables grown in organic, probiotic-rich soils and the probiotic-rich flesh and organs of non-domesticated, non-medicated animals.

**Fact:** The human gut probiotic flora was established BEFORE AGRICULTURE and thus does NOT include bacteria from dairy, goat's milk, soy, wheat, or corn.

**Fact:** It is NOT possible to become sufficient in the correct human strains of probiotic bacteria by consuming dairy (yogurt) or goat's milk or by consuming probiotic strains grown on dairy, goat's milk, soy, wheat, or corn.

**Fact:** It is necessary to consume a pure, safe and potent source of probiotic bacteria for health, vitality and quality of life. This is literally required from birth to the time we pass from this earth.

**Fact:** The ONLY way to become sufficient in the types of probiotic bacteria that were consumed by our ancestors is through daily supplementation with a probiotic formula that contains these strains of probiotic bacteria.

### Fact:

Innate Choice™ PROBIOTIC SUFFICIENCY™ is the world's premier multi-strain probiotic formula, containing nine of the most essential species of beneficial bacteria. It is the only formula designed to re-establish those species found most commonly in the food of our ancestors and in the intestinal tracts of healthy human beings.

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"Lactobacillus plantarum was the most common bacteria in the food of our ancestors."

"A recent study showed that the three dominant clusters isolated from healthy Swedish volunteers were L. plantarum, L. rhamnosus, and L. casei."

Bengmark, S. Immunonutrition: Role of biosurfactants, fiber, and probiotic bacteria. Nutrition 1998:14.

PROBIOTIC SUFFICIENCY™ is derived from 100% vegetarian culture and contains no dairy, goat's milk, soy, wheat, or corn. The human normal flora was determined thousands of years before humans ever consumed these agricultural products.

PROBIOTIC SUFFICIENCY™ contains over 30 billion viable organisms per serving! Each harvest is third party tested for potency, purity and safety and is stored in a refrigerated warehouse to maximize freshness. This assures the highest quality product available.

"PROBIOTIC SUFFICIENCY™ is the only probiotic formula developed according to the human Innate Diet. It is the first probiotic designed exclusively to provide sufficient healthy organisms for digestive and immune function, and for overall wellness and prevention."

**Dr. James L. Chestnut, B.Ed., M.Sc., D.C., C.C.W.P.  
Author of the Innate Diet™**

