

VITAL Study on Omega-3 and Vitamin D Show Remarkable Benefits of Supplementation

VITAL: The Vitamin D and Omega-3 Trial (2018) <https://www.vitalstudy.org/findings.html>

QUOTE BOARD:

"Supplemental vitamin D also did not reduce the occurrence of breast, prostate, or colorectal cancers. However, there was a suggestive 17% reduction in cancer deaths, which became a 25% reduction in analyses that excluded the first two years of follow-up. Excluding early follow-up is a common practice in analyzing data from trials of dietary supplements and cancer because effects of nutritional factors on risk of cancer, a slow-developing disease, typically become clear only after several years."

"Upon closer examination, this result was due almost entirely to a reduction in heart attacks without a reduction in strokes. Specifically, the omega-3 fatty acid intervention lowered the risk of heart attack by 28% and the risk of fatal heart attack by 50% but had no benefit on stroke or cardiovascular deaths not related to heart disease. Additionally, omega-3 fatty acids reduced the rate of angioplasty procedures by 22%."

What You Need to Know:

In this study, where the average age of subjects was 67.1 years at study beginning and 72.3 years at follow-up, with only 2000 IUs of vitamin D per day, an amount less than half recommended by the Vitamin D council, there was still an incredibly significant 25% reduction in cancer deaths.

Also, in this same study, with only 1 g of essential fatty acids in ethyl ester not triglyceride form and containing none of the fatty acid DPA which has been shown to have dramatic benefits for reducing stroke, there was still a jaw dropping 28% reduced risk of heart attack, a 50% reduced risk of fatal heart attack and a 22% reduced rate of angioplasty procedures (which cost an average of \$30,000 and do not prolong life or prevent heart attacks in 95% of patients who receive them).

What You Need to Do:

You need to supplement with sufficient amounts (minimum 2 grams per day) of omega-3 fatty acids (EPA, DPA, and DHA) in triglyceride form and sufficient amounts (minimum 4000 IUs per day) of vitamin D (with proper synergistic amounts of vitamin A).

*Innate Choice® OmegaA+D Sufficiency contains fish oil AND cod liver oil with extra vitamin D added to provide both sufficient and synergistic amounts of omega-3 fatty acids, vitamin D, and vitamin A.

*Innate Choice® OmegaA+D Sufficiency delivers 2360 mg of Omega-3 in natural triglyceride form (1060 mg EPA; 920 mg of DHA; 380 mg Additional Omega-3 (including DPA) and 4120 IUs of Vit D per daily serving.

Start 2019 off right, ensure you and your loved ones are supplementing with Omega-3 and Vitamin D!