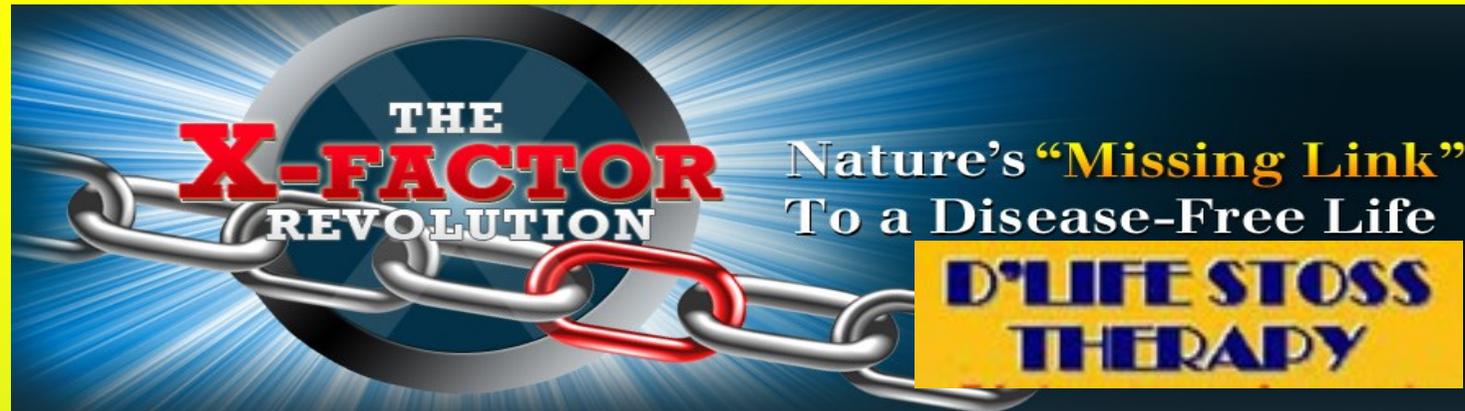


## Moving toward YOUR Health. Don't wait for another Medical mix-up to catch up:

We evolved in abundant sunlight: Our genetic coding reflects the longstanding importance of vitamin D, with nearly 2800 binding sites for the vitamin D receptor across the length of our genome. Further, vitamin D is documented to influence the expression of some 229 genes, and the emerging research links higher levels of vitamin D with reduced incidence of numerous diseases. Obtaining a vitamin D level of 40–60 ng/mL would approximate that of our ancestors and — not coincidentally — levels associated with protection from today's most problematic health issues. Obtaining this more "natural" vitamin D blood level is easy and safe to do — simply have your vitamin D level tested & then supplement with appropriate vitamin D3 (or sunlight) to reach the target 40–60 ng/mL level. In the randomized controlled trials where vitamin D3 (dose range: about 6000 IU/day) were given alone vs. placebo or no treatment, vitamin D3 significantly reduced the mortality by 11%. Stoss therapy doses up to 600,000 units as a single dose are routinely used in Europe as "Stoss" therapy to prevent vitamin D deficiency and have repeatedly been shown to be safe for short-term administration. Individuals with a naturally dark skin tone require at least three to five times longer sun exposure to make the same amount of vitamin D as a person with a white skin tone.

Finally, knowledge is power. If you are concerned about maximizing your health and enhancing disease-free longevity you might want to keep abreast of the leading-edge vitamin D research. One easy way to do this is to keep in touch with public-interest vitamin D advocacy groups at [Grassroots Health \(www.grassrootshealth.net\)](http://www.grassrootshealth.net) & the [Vitamin D Council \(www.vitamindcouncil.org\)](http://www.vitamindcouncil.org). It's your health and your life. You could wait another decade for the IOM to review the new scientific findings of vitamin D3, or you can move forward by raising your awareness and drawing your own conclusions!



*It's the great cancer cover-up. Panicked into avoiding sunlight by health experts, we are now dying in our thousands from diseases linked to deficiencies of vitamin D. But still the exaggerated warnings come. - Oliver Gillie*

### STOP PRESS: Dangerous Underestimation X 10 of "D3".

Seldom do the medical community agree on something this important, so this revelation is ground-breaking. As I write, a group of scientists from the Creighton University and the University of California, Dr Mercola & the Vitamin D Council have presented data claiming that the Institute of Medicine experts underestimated human needs by an order of 10x magnitude. These nutrition researchers examined data from a different population than that used in the initial calculations, and came up with a recommendation of approximately 7,000 IU per day of vitamin D to achieve 20ng/ml. A better level of 40 ng/ml (100nmol/L) is the lower threshold for therapeutic activity, and the threshold thought to protect the health of the general population. So start taking 100000iu per month & watch your health improve. Many think 100000iu sounds a lot, but before measuring was altered, it represented only 2.5mg of vitamin D3.

D'Life STOSS THERAPY doesn't need such high numbers. Taken sublingually using a multiplier effect of direct feeding into our bloodstream. Typically, vitamins taken sublingually are more potent. process where they also come into contact with stomach acid, bile and other enzymes. In other words, you get more of what you give yourself by taking sublingually rather than swallowing.

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Agent

## Normal, natural, optimum vitamin D levels

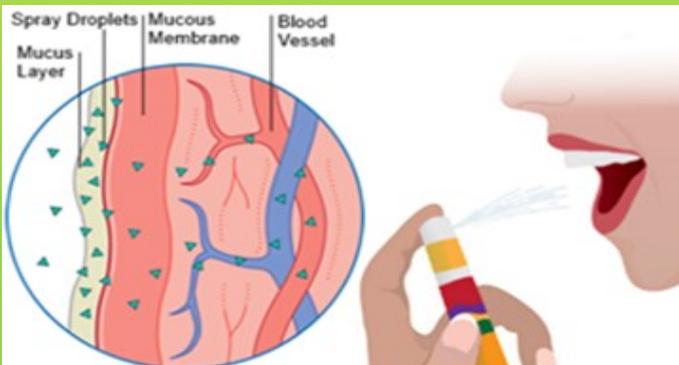
Toxic effect	over 300 ng/ml
Risk of excessively high calcium	over 150 ng/ml
Recommended upper limit in the blood	100 ng/ml
Level with regular sunbathing	50 to 90 ng/ml
<b>Optimal</b> (minimum risk of illness)	<b>50 to 90 ng/ml</b>
Good (low susceptibility to illness)	over 40 ng/ml
Satisfactory (good calcium intake)	over 30 ng/ml
Deficiency (risk of osteoporosis in old age)	under 30 ng/ml

## What is STOSS THERAPY?

In Europe, 'Stoss therapy' is commonly used by physicians. This is supplementing with large doses of Vit D3, if your levels are low or at the onset of flu or sickness - would really recommend this for you all.

The protocol - take 1,000 IU of vitamin D per pound of body weight every day for three days. For a 150 pound adult, that would be 150,000 IU (three capsules) a day for three days.

With D'Life STOSS we have simplified the process. Because Sublingual medication increases dose improvement by a factor of up to 10, 2 sprays daily brings vitamin D3 Blood Serum levels up very quickly.



# D3: The vitamin you simply can't do without

Some things simply cannot be hammered home strongly enough. And what we tell you here is one of them. So make a giant sign and stick it on your refrigerator. Set a reminder on your phone. Do whatever it takes. Just always remember to take your vitamin D3. It's one of the most important (and easiest) ways to benefit your health. According to yet another study extolling the virtues of vitamin D3, increased blood levels of this amazing super vitamin are associated with significantly lower risks of cardiovascular disease, respiratory disease, fractures, and total mortality.

A British study looking at data collected over 13 years from about 15,000 people (men and women between the ages of 42 and 82). Researchers found that for every 20-nmol/L increase in 25(OH)D (the form of vitamin D stored in the body) the participants experienced

## Staying Alive:

But what I really want to talk about today is something else this study pointed out.

In this study, the highest mortality rates were observed in people whose vitamin D levels were below 30. But what's frightening is that most labs consider a level of 30 "normal." In fact, for most labs, the normal range is enormous: 30 to 100. So if your doctor tests your level and it's 31, chances are he'll tell you don't need to take vitamin D...which is rubbish. Every study, including this one, points out that the higher the level, the better the health outcome.

And there was no evidence for increased risk (of mortality or any other negative side effect) in those participants with levels above 80. **So why aren't we all shooting for that level?** It takes more than the measly 400 IU of vitamin D you'll find in most multivitamins to boost your levels to a truly optimal (not just "normal") range. I know a lot of people are afraid of big doses of vitamins. But in this instance it's not only extremely safe, it's absolutely necessary. Just to drive this point home: you could search for hours (days, even) and not turn up a single report of severe vitamin D overdose.



But give me 15 minutes and I could find you millions of examples of the consequences of not having enough of this essential nutrient.

Bottom line: Make sure you know your vitamin D3 level. Don't let your doctor gloss over it when she or he is reviewing your blood-work. And don't let him convince you that you don't

need a vitamin D supplement. If your level isn't between 80 and 100, take 10,000 IU of vitamin D3 every day. And have your levels checked at least twice per year.

## Why a Sublingual (Intraoral) Spray?

It is scientifically proven that the most effective way to take nutrients, to ensure you get maximum absorption is by intraoral delivery (under the tongue). It's not how much you take but how much your body tissues absorb that is important. The well respected Physician's Desk Reference (NPPDR#18) verifies the efficacy of intraoral spray administration. It lists:

- tablets as having only a 10% absorption rate,
- capsules at most having a 20% absorption rate,
- & intraoral spray as having a 95% absorption rate.

Typically, vitamins taken sublingually are more potent. Sublingual vitamins only come into contact with saliva and enter the bloodstream directly, avoiding the first pass effect minimizing metabolic degradation before they reach the rest of your body.

Absorption under the tongue provides a much quicker and more effective delivery pathway through the sub-mucosal membrane under the tongue, allowing nutrients to go directly into the blood stream. The intraoral spray or sublingual method of delivery is also very helpful for individuals who have difficulty swallowing pills or capsules, and is also most cost effective, as a lower dosage of nutrients is needed as this is a very concentrated, effective source of delivery.

