



**Auum**  
the leader in Sublingual  
Omega 3 Supplements with D

### ***Does your doctor say you need to Boost your D Levels ?***

Lower D hormone levels are implicated in reduced thyroid function, SAD (seasonal affective disorder), slower metabolism, moodiness, less energy and motivation, PMS, muscle or bone pain, always tired ... these are no longer just winter complaints.

Current lifestyle habits or situations that contribute to low levels of D, even when on vacation or in the summer.

- Constant use of sunscreen when outdoors
- Avoiding sun exposure during peak hours 11 am - 3 pm
- Working indoors 9 - 5, no exposure when the sun's rays are strong enough to start the process of D production in our skin
- Showering with harsh soaps after sun exposure
- Working out indoors vs outdoors
- Living in polluted environments
- Insufficient cholesterol available to facilitate the production of D in our skin
- The natural aging process thins our skin reducing the amount of D we can produce
- Recent studies indicate that those who are overweight require more D in order to increase serum levels
- Those with darker skin must spend considerably more time in the sun to produce the same amount of D as those with light skin tones



***No wonder Canadians in general have declining D levels in spite of the media awareness of the value of D to our overall health.\****

From a supplemental point of view, the amount of vitamin D we take is not the amount of D available for us to use. Only about half of what we take by mouth is processed into our bloodstream.

With winter here, it's time to think about our D requirements and how we will adequately address them over the months ahead, when we cannot produce D from sun exposure here in Canada.

Vitamin D helps to maintain eyesight, skin, membranes and immune function. It helps in the development of night vision, the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus.

Health news publications frequently report healthier immune systems, normalized sleep patterns, improved weight and stress management, better mood as well as lower cancer and MS risk connected with adequate D3 levels.

Disorders related to the mind are also being connected to imbalances in the ratio of Omega 3 and Omega 6, and deficiencies in healthy omegas and D. These range from ADD, ADHD, dyslexia and depression in children, to schizophrenia, MS, Parkinson's, Alzheimer's, dementia and even addictions. A brain deficient in omegas and/or D, or with an imbalance of omega 6 and 3, may simply be unable to properly function.

***Did you know ... "They are meant to be together?"***

Taking omegas and D together is ideally what your body needs, because by nature they travel together through our bloodstream to nourish our cells.

In a recent follow-up with autistic children taking Auum Essential D3A, the second observation by their moms was that their children were happy. In some, this was followed by singing, although these children otherwise had no spontaneous or word appropriate speech.

**\*Statistics Canada reported D levels in Canadians ages 6 to 79 dropped by 6.2% from 2009 to 2011**

[www.statcan.gc.ca/pub/82-624-x/2013001/article/11727-eng.htm](http://www.statcan.gc.ca/pub/82-624-x/2013001/article/11727-eng.htm)



## **AUUM MAKES IT EASY TO BOOST YOUR D LEVELS**

**All Auum Omega 3 products are enhanced with added natural D3**



Auum D Caps contain..... 125 IU D3 per capsule  
Auum Sublingual D contains ..... 1,000 IU D3 per 5 ml  
Auum Essential D3A contains ..... 1,000 IU D3 per 1 ml  
Auum Omega 3-D Boost Caps contain..... 500 IU D3 per cap

We are happy to add our new Omega 3-D Boost product to our list of highly absorbable omega 3 with D products that you can mix and match to obtain your personal requirement of D3.

You will be pleased to know that Auum has incorporated our unique sublingual delivery system in our NEW Omega 3-D Boost Capsules.

These chewable capsules mean that you now have the choice of swallowing or chewing the D-Boost capsules. Chewing allows you to benefit more quickly and efficiently from absorption of our product through the buccal mucosa (the mucous membrane lining of the cheeks).

You will also be delighted to know that essential oil flavouring has been added to our capsule ingredients to bring up the flavour appeal to the same level as our liquid products.

We hope that the addition of this product to your daily supplement regime will make it easier to obtain the amount of D3 that you wish to add to your diet. It will also make it easier to transport your Omega supplement with you everywhere you go, so that you don't miss a single dose.

We believe that these capsules will be a valuable daily adjunct to our Sublingual D and Essential D3A products in order to boost your D levels and at the same time allow you get your required amount of omega 3 in your supplement.

For your convenience, this product may be added to your Auum MMP (Monthly Maintenance Program) shipments.

Call or email Cheryl Millett  
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Ongoing research in many areas of health continue to confirm the necessity to pay attention to our D levels along with omega 3 in order to attain and retain good health.

***Wishing you a Healthy Balance!***

