



SP Detox Balance™ Program



Toxins are everywhere.

80,000
chemicals registered
for use in the U.S.¹

800
million pounds of herbicides
used each year^{2,3}

167
industrial chemicals
found in adults with no
employment-related exposure⁴



1. "About," National Toxicology Program, US Department of Health and Human Services, accessed March 13, 2018, <https://ntp.niehs.nih.gov/about/index.html>.

2. Arthur Grube, David Donaldson, Timothy Kiely, and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates," Washington, D.C.: United States Environmental Protection Agency, February 2011, PDF e-book, http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf.

3. Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures: a Consensus Statement," *Environmental Health* 15, no. 1 (2016): 1-13. <https://doi.org/10.1186/s12940-016-0117-0>.

4. Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," *Public Health Reports* 117, no. 4 (2002): 315-23.

Toxins can contribute to:

- ⊕ Food cravings and weight gain
- ⊕ Reduced mental clarity
- ⊕ Fatigue or difficulty sleeping
- ⊕ Joint discomfort
- ⊕ Skin Issues
- ⊕ Indigestion and other temporary gastrointestinal upset
- ⊕ Low libido

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Prepare for the journey.

Preparing your body in advance is essential to successful and safe detoxification. Your health care practitioner may address these topics to identify and remove triggers that could impact your journey.

⊕ **Deficiencies and Nutritive-Diet Issues**

Vitamin B12, vitamin D, magnesium, methylation capacity, gastrointestinal conditions impacting nutrient absorption, estrogen metabolism, or malnutrition.

⊕ **Elimination Diet**

Are you a candidate? If so, you will remove foods from your diet and methodically add them back to identify adverse reactions to foods such as dairy, peanuts, eggs, soy, and gluten.¹

1. "Handout Elimination Diet Patient," University of Wisconsin Family Medicine & Community Health, accessed March 13, 2018, http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_elimination_diet_patient.pdf

Prepare for the journey (continued).

Your health care practitioner may also address these topics:

⊕ **Diet Requirements**

Based on your weight, how much protein must you consume during your program? Do you have dietary concerns like glucose management? Together, you can customize a plan based on your unique needs.

⊕ **Coffee and Alcohol**

Do you drink more than one serving of alcohol or coffee per day? Don't go cold turkey. Reduce intake to one daily serving before eliminating.

⊕ **28-Day vs. 10-Day Program**

You will discuss the results of your toxicity questionnaire. If you have significant toxin exposure, the 28-day program may be right for you.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Get to know your SP Detox Balance™ program.

Easy

Say goodbye to complicated nourishment schedules. Your all-in-one SP Detox Balance shakes take the guesswork out of daily prep so you can focus on making healthy choices.

Safe

Improper removal of toxins can put stress on your body. Our guided program provides balanced and effective nutritional support for all three phases of detoxification.*

Healthy

From our organic and regenerative farming practices to our state-of-the-art manufacturing technologies, we bring you high-quality, nutrient-dense nourishment in a clean, more holistic form.



Nutrition scientist approved!

Standard Process products labeled as Vegan are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.
Standard Process products labeled as Gluten-Free have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SP Detox Balance™

- ✔ Supports your body's natural metabolic detoxification process*
- ✔ Easy to use: 1-3 shakes daily
- ✔ Great tasting, whole food-based shake with 17 grams of protein
- ✔ Available in Chai or No-Flavor Added Formulas

Supplement Facts
Serving Size: 2 Scoops (37 g)
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	180	
Total Fat	5 g	6%
Saturated Fat	0.5 g	2%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	14%
Total Sugars	1 g	1%
Protein	17 g	34%
Vitamin K1	4 mcg	2%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	150 mg	7%
Potassium	250 mg	5%
Arginine	1,200 mg	1
Glycine	600 mg	1
L-isoleucine	850 mg	1
L-leucine	1,600 mg	1
DL-methionine	300 mg	1
L-valine	900 mg	1
Creatine	600 mg	1
Proprietary Blend	24.4 g	1

Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (seal part), apple pectin, juniper (berry) powder, organic spirulina black radish (leaf), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (seal part), inositol, organic alfalfa (seal part) juice powder, organic grape (seed) powder, globe artichoke (leaf), sulfurifer lectin powder, milk thistle extract (80% silymarin), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Creatine, L-leucine, xanthan gum, L-isoleucine, L-valine, DL-methionine, monk fruit extract, and choline bitartrate.

02



Supplement Facts
Serving Size: 2 Scoops (37.3 g)
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	180	
Total Fat	5 g	6%
Saturated Fat	0.5 g	2%
Total Carbohydrate	11 g	4%
Dietary Fiber	4 g	14%
Total Sugars	1 g	1%
Protein	17 g	34%
Vitamin K1	4 mcg	2%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	15%
Sodium	150 mg	7%
Potassium	250 mg	5%
Arginine	1,200 mg	1
Glycine	600 mg	1
Creatine	600 mg	1
L-leucine	1,600 mg	1
L-isoleucine	850 mg	1
L-valine	900 mg	1
DL-methionine	300 mg	1
Proprietary Blend	24.5 g	1

Organic pea protein, flax meal, oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (seal part), apple pectin, juniper (berry) powder, organic spirulina black radish (leaf), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (seal part), inositol, organic alfalfa (seal part) juice powder, organic grape (seed) powder, globe artichoke (leaf), choline bitartrate, sulfurifer lectin powder, milk thistle extract (80% silymarin), organic cordyceps mushroom powder, organic carrot, organic sweet potato, and red wine extract.

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Creatine, xanthan gum, natural flavor, DL-methionine, monk fruit extract, L-leucine, L-isoleucine, and L-valine.

04



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*Metabolic detoxification provides your body with the additional nutritional support it may need to metabolize and expel toxins safely during each of three metabolic detoxification phases.**

**PHASE 1
ENZYMES**
(mainly CYP450)

Phase I: Unlock

Your SP Detox Balance™ program supports phase I enzymes. It also supports endogenous antioxidant enzymes that reduce stress on our body, such as tissue damage sometimes caused by phase I enzyme activities.

**SP Detox Balance™
delivers key nutrients.**

**PHASE 2
ENZYMES**
*(conjugation
phase)*

Phase II: Neutralize

Your SP Detox Balance™ program supplies key nutrients and amino acids needed to support phase II enzymes. These enzymes enhance the water solubility of toxins.

**SP Detox Balance™
delivers key nutrients.**

**PHASE 3
ELIMINATION**

Phase III: Eliminate

Your SP Detox Balance™ program provides your body with plant-based fiber and water, which aid in toxin elimination.

**SP Detox Balance™
delivers key nutrients.**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SP Detox Balance™

- ✓ Provides amino acids required to conjugation enzymes and whole body support through detoxification with a unique protein and amino acid blend¹
- ✓ Whole food-based shake to support the body's natural metabolic detoxification process^{*2}
- ✓ Excellent source of iron and vegan protein
- ✓ Good source of dietary fiber, choline, and plant-based magnesium*



Yellow Pea Protein



Flax Meal



Sweet Potato



Oats



Pumpkin Seed Protein



Buckwheat



Carrot



Spanish Black Radish



Apple Pectin

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

1. Hodges, R.E.I Minich, D. M., Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application. J Nutr Metab 2015, 2015, 760689.
2. Gropper SAS, Smith JL, Carr TP. Advance nutrition and human metabolism. Boston, ML: Cengage Learning; 2018

10-DAY CONVENIENCE PROGRAM

Number of Shakes[^] Per Day



1 Canister · Program Guide

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	2	2	3	3	3	3
WK2	2	1	1				

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[^] For each shake, mix two heaping scoops of SP Detox Balance powder with 10 to 12 ounces of liquid.

©2020 Standard Process Inc. All rights reserved. LN1118 12/20

28-DAY COMPREHENSIVE PROGRAM

Number of Shakes[^] Per Day



3 Canisters · Program Guide · Shake

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	1	1	2	2	2	2
WK2	3	3	3	3	3	3	3
WK3	3	3	3	3	3	3	3
WK4	2	2	2	1	1	1	1

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

[^] For each shake, mix two heaping scoops of SP Detox Balance powder with 10 to 12 ounces of liquid.



The alkaline difference.^{1,2}

The foods you eat can affect acidity levels in your body. Your SP Detox Balance™ shake, plus diet regimen, addresses this head-on. By providing your body with nourishment rich in alkaline minerals, you can lower your body's urinary-acid levels. This may help with with toxin removal.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

1. Daniel König, Klaus Muser, Hans-Hermann Dickhuth, Aloys Berg, and Peter Deibert, "Effect of a Supplement Rich in Alkaline Minerals on Acid-Base Balance in Humans," Nutrition Journal 8 (2009): 1-2, <https://doi.org/10.1186/1475-2891-8-23>.
2. Deanna M. Minich and Jeffrey S. Bland, "Acid-Alkaline Balance: Role in Chronic Disease and Detoxification," Altern Ther Health Med 13, no. 4 (July/August 2007): 62-65, <https://www.ncbi.nlm.nih.gov/pubmed/17658124>

GET STARTED!

Step 1: Calculate your protein needs.

- Work with your health care practitioner to determine your daily protein target (see general guidelines below with a requirement of 1.0-1.5 g of protein/ kg of weight).
- Enter your protein goal in the upper right corner of your daily tracker.

Step 2: Stay on track.

- Log your shakes, protein, water, exercise, and mood daily.
- Use the notes section to record food intake and changes to your body or health conditions.

BODY MASS	ADULTS Daily Protein Goal (Grams per Day)
110 lbs.	50 to 80
121 lbs.	55 to 88
132 lbs.	60 to 96
143 lbs.	65 to 104
154 lbs.	70 to 112
165 lbs.	75 to 120
176 lbs.	80 to 128
187 lbs.	85 to 136
198 lbs.	90 to 144
209 lbs.	95 to 152
220 lbs.	100 to 160
231 lbs.	105 to 168
243 lbs.	110 to 176

The protein difference.¹

As you go through detoxification, you need to consume enough protein to support your body. Protein provides amino acids to help support detoxification pathways. Your health care practitioner can help you calculate your protein needs, which vary depending on body weight.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

1. Melissa Bernstein and Nancy Munoz, "Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness," Journal of the Academy of Nutrition and Dietetics 112, no. 8 (2012): 1255-1277, <https://doi.org/10.1016/j.jand.2012.06.015>.



What balance looks like

Fill your plate with healthy vegetables, fruits, grains, and lean meats, fish, or vegan proteins like legumes and nuts.

Achieve balance by following the outlined plate proportions and daily serving sizes for each food category.

Balance your macronutrients! The foods in your meal plan contain macronutrients — proteins, carbohydrates, and healthy fats.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Water

A hydrated body is a happy body. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and supports the elimination phase of your detoxification. Drink about eight to 10 glasses of water per day. Each glass should contain eight ounces of water.



Exercise

Get moving! Exercise not only facilitates the removal of toxins, but it also helps you maintain a healthy weight. Incorporate 30 to 45 minutes of exercise, targeting 10,000 steps or more, per day.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Welcome to the new you.

Sign up at standardprocess.com/products/programs to receive:

- daily inspirational emails
- access to Facebook groups: share progress, recipes, encouragement, and much more

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

©2020 Standard Process Inc. All rights reserved. LN1118 12/20