

SP Detox Balance[™] Program

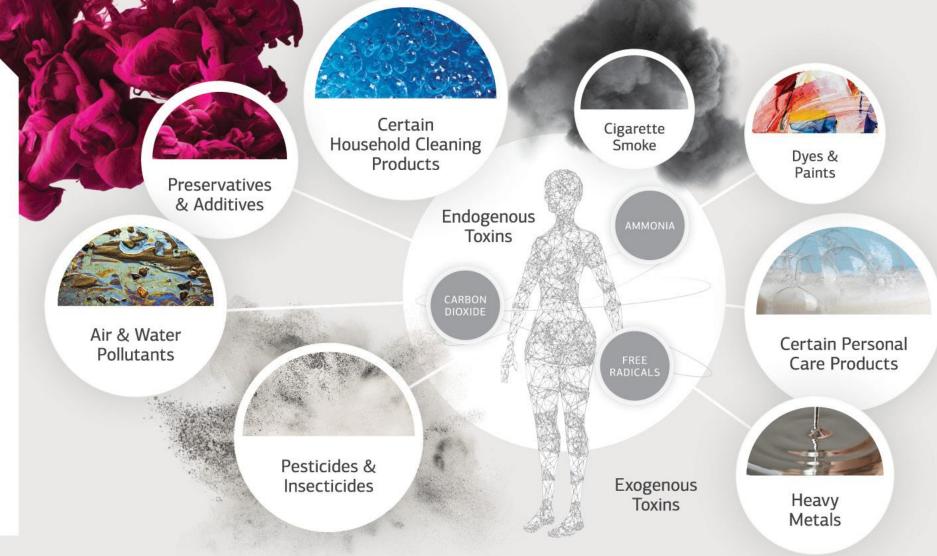


Toxins are everywhere.

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 ebook, 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 contribue to:

- \oplus Food cravings and weight gain
- ① Reduced mental clarity
- **•** Fatigue or difficulty sleeping
- ① Joint discomfort

- ⊕ Skin Issues
- Indigestion and other temporary gastrointestinal upset
- ⊕ Low libido



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 an 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

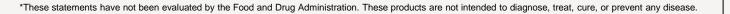
Based on your weight, how much protein must you consume during your program? Do you have dietary concerns like glucose management? Together, you can customize a plan based on your unique needs.

+ 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.



Get to know your SP Detox Balance[™] program.

Easy

Say goodbye to complicated nourishment schedules. Your all-inone 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-ofthe-art manufacturing technologies, we bring you high-quality, nutrientdense nourishment in a clean, more wholistic form.



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.



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

Servings per Container: 21		
2	Amount per Serving	%Daily Valu
Calories.	160	
Total Fait	59	6%
Saturated Fat	0.5 g	3%
Total Carbohydrate	11 g	4%
Eletary Fiber	49	14%
Total Sugars	1 g	0.03
Protein	17 g	34%
Vitamin K3	4 mcg	31
Choline	100 mg	189
Calcium	70 mg	51
kon	4 mg	221
Magnesikum	70 mg	179
Sodium	150 mg	. 79
Potassium	230 mg	51
Arsinine	1,300 mg	
Gypine	600 mg	
L-isoleucine	850 mg	
L-leucine	1,600 mg	
DL-methionine	300 mg	
Lvaine	900 mg	_
Creatine	600 mg	
Proprietary Blend	34.4 a	
buckwheat (aerial parts), a spaniah black radish éroct) calcium citrate, organic be parts), inositol, organic alf (root) powder, globe artich	reparic beet (leaf) juice powder pple pictin, juniper (berri) pov burdock (inol) powder, organi rley (grass), dandelion (leaf), b affe (berlal parts) juice powder, ooke (leaf), sunflower leicthin pi opanic cordyceps multinoom p	vder, organic c beet (poot), roccoli (serial oregon grape awder, mik thiste



Organic pea protein, flax meal, oat floxe, organic pumpkin seed protei

Other Ingredients: Greatine, xanthan gum, natural favor, DL-methionine, monk fruit extract, L'leocine, L-isoleucine, and Lvaline.

ganic buckwheat flour, organic beet (ked) juice powder, organic buckwh eriul parts), apple pectin, juniper (berry) powder, organic spanish block

radish (rod), bundock (rod) powder, organic bere (rod), celularu distan, organic barley garan, danadrice (rod), thorocol (rodini porta), inostell, organic alfalfa (aerial parts) (size powder, oregon grape (rod) powder, glo atticholo (rod), chidies bitartrate, surfiseer lecitins powder, mik, titele ettack (20% signarins), organic cordycaje matterioson powder, organic





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 2

ENZYMES

(conjugation

phase)

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 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 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.

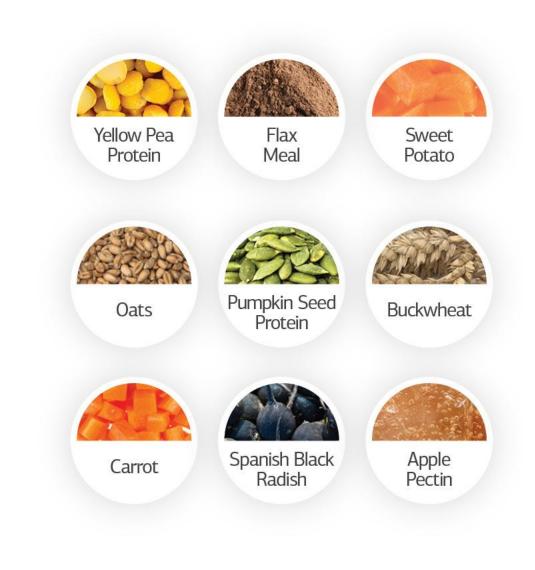


PHASE 3

ELIMINATION

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*



*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.

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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.'

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.



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.



Barry M. Popkin, Kristen E. D'Anci, and Irwin H. Rosenberg, "Water, Hydration, and Health," Nutrition Reviews 68, no. 8: 439-458, https://doi.org/10.1111/j.1753-4887.2010.00304.x.

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.





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

