



# Quality

*From Seed to Supplement™*

*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.*

*For these reasons and many more, we proudly recommend Standard Process whole food supplements.*

**Rely on these whole food supplements to help you purify and manage your weight.**

SP Cleanse® – for purification

SP Complete™ – for nutritious supplement shakes

Gastro-Fiber® or Whole Food Fiber – for fiber support

SP Green Food™ – for phytonutrients\*

**Tired?  
Weight Loss  
Challenges?  
Poor Digestion?**



**Purify Your Body.  
Transform Your Life!**



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## Toxic Overload

Toxins—they are in the foods you eat, the water you drink, and the air you breathe. You are probably aware of most environmental toxins: pesticides, heavy metals, chemicals, pollution, caffeine, and preservatives. But what you may not realize is how our bodies produce natural toxins, such as ammonia and carbon dioxide, which linger in the body if they can't be broken down. The liver, lymphatic system (related to the immune system), kidneys, lungs, intestines, blood, and skin filter these toxins from your body. When overloaded, your body becomes inefficient and toxins can build up.

If these toxins aren't eliminated, your well-being may be compromised. Have you experienced:

- ▶ Headaches
- ▶ Fatigue or difficulty sleeping
- ▶ Digestive and other gastrointestinal problems
- ▶ Immune challenges
- ▶ Food cravings
- ▶ Weight gain
- ▶ Reduced mental clarity
- ▶ Low libido

If you answered “yes” to any of the above, you would likely benefit from the Standard Process Purification Program.\*

# Challenging? Of course. Rewarding? Absolutely.

## What is Purification?

Purification is merely the internal cleansing and detoxification of your body. Think of it as “spring cleaning” for your insides.

It requires making new, healthier choices for yourself. You'll learn to refrain from eating fast foods, processed convenience foods, and sugar-laden snacks, which place an unnecessary load on your body. Instead you'll learn to turn to whole, unprocessed, preservative-free foods, lots of pure spring water, tasty shakes, and whole food supplements.

In the process, you will learn about your body and what it needs to stay healthy. You're also likely to shed some extra weight.



## How is Purification Different Than Any Other Diet?

Fad diets sell a lot of books, but they ignore the way our bodies actually work. Gaining the weight back (plus a little extra) is all too common.

Standard Process' Purification Program is different. It is not a diet. It is a program that helps you live a healthier life by purifying, nourishing, and maintaining a healthy body and weight.

The program uses whole food supplements to help your body purify and rebuild itself. Naturally. From the inside out. You'll also be supporting all of your organ systems that play a role in purification.

Throughout this program, you may find yourself eating foods that may be new to you. As a result, you'll be enjoying some new tastes, new textures, and a whole new you.\*

**Ready for a healthier you?  
Ask your health care professional for  
more details and get started today!**

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

