

Why is Standard Process SP Complete™ Unique

SP Complete is a vegetarian product formulated specifically to provide support to the body as a nutritional supplement. It contains a combination of grape seed extracts (including Masquelier's® Original OPC) that offers the highest percentage and quality of OPCs available. The variety of natural whole foods in SP Complete offers a balance of essential macro- and micronutrients to provide dietary support for people of all ages.*

The Whole Food Difference

All Standard Process products are based on one simple belief—good health comes from good nutrition, and the best nutrients come from whole foods. Each supplement formula is built on this holistic paradigm. The different whole foods used in SP Complete provide a healthy, natural, and consistent way for you to supplement your diet.*



SP Complete™ Supplement Shake Recipe

2 rounded Tbs (scoops) of SP Complete

8 oz of water (Increase for desired consistency.)

1 Tbs high-quality oil (e.g. flaxseed oil)

Alternatively, you may wish to take Linum B₆ or Sesame Seed Oil perles with the shake. Consult with your health care professional for appropriate dosage.

1-1½ cups of your favorite fresh or frozen fruit or vegetables† (optional)

Directions

Thoroughly blend all ingredients together. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring. This recipe may be varied according to personal taste.

† If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended to use a high-performance commercial drink blender.

SP Complete can be used to add vital nutrients to any diet, or it can be used to aid in the Standard Process purification programs. Please consult with a health care professional to obtain more information on the benefits of purification.



The History & Principles Of Standard Process

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, "The quality of a whole food supplement is dependent on the quality of the manufacturing process." This remains the foundation of the Standard Process doctrine today. Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company's 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available.



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SP Complete™

Shakes for Everyday Nourishment



Shakes for Everyday Nourishment

Years of epidemiological and clinical research have revealed that an alarming number of adults and children are eating too much and exercising too little. In most industrialized countries, the rising numbers on bathroom scales are being linked to numerous health problems. Obesity is one of the most prevalent epidemics related to overeating and a lack of exercise. Our bodies become overworked under increasing body weight. Imagine if you were asked to carry a 50-pound sack of potatoes everywhere you went, 24 hours a day. Excess weight stresses the skeletal system and many organs and organ systems. While most Americans have a wide variety of food choices, refined foods, soft drinks, and sugar-laden treats often outnumber the fresh fruits and vegetables we consume by a wide margin. We eat at fast-food restaurants and junk food out of vending machines, and even when we choose a healthier entrée, it's often twice the amount we require to maintain a healthy weight.

Eating a good, well-balanced diet in moderate portions, drinking plenty of water, and getting regular exercise are the best ways to maintain a healthy weight and keep the body functioning properly. SP Complete is a powdered nutritional supplement that can be mixed with water and fruit or vegetables to make a low-calorie, nutrient-dense shake that contains many essential macro- and micronutrients needed for good health. SP Complete is a healthy complement to any diet and exercise regimen.*



How SP Complete™ Keeps You Healthy

Provides nutrients in a highly-bioavailable form

Whey is a high-quality source of protein that contains important minerals and other nutrients.*

Supports a healthy cardiovascular system

Rutin, an important bioflavonoid from buckwheat, helps support the walls of blood vessels. Chlorophyll from barley grass assists in the natural cleansing of impurities from the blood. Saponins from alfalfa also support healthy blood.*

Encourages healthy nervous system function

Brown rice contains B-complex vitamins to support healthy nerves and proper brain function.*

Delivers strong antioxidant protection to promote cellular health

Grape seed and red wine extracts contain oligomeric proanthocyanidins (OPCs)—bioavailable antioxidants. Kale and Brussels sprouts are cruciferous vegetables that provide fiber and contain glucosinolates, minerals, and vitamins A, C, and E. These nutrients provide strong antioxidant protection to protect cells from environmental stresses. Indole-3-carbinol and sulforaphane are also found in Brussels sprouts and kale. Inositol assists in the production of lecithin, an important constituent of cellular membranes.*

Supports healthy digestive system function

Flax meal contains both soluble and insoluble fibers that promote healthy gastrointestinal function, maintain healthy cholesterol levels in individuals with healthy cholesterol levels, and help support healthy blood glucose levels when accompanied by a healthy diet. Flax meal also provides a healthy dose of plant lignans, fiber-like phytochemicals that support immune function and promote healthy cell growth. Barley grass helps aid in the digestion of food.*

The important physiological functions of SP Complete come from its wide variety of nutritive functional compounds

Macro- and micronutrients, plus their synergistic cofactors

Macronutrients make up the highest percentage of our diet. They supply energy and the essential amino acids, carbohydrates, fats, nucleotides, minerals, and vitamins needed for proper growth, maintenance, and activity. Micronutrients include other vitamins and trace minerals, as well as some unknown nutrients. These nutrients, needed in only minute amounts, serve important functions in the proper metabolism of protein, fat, and carbohydrate macronutrients. Micronutrients may provide synergism for the bioactivity of other nutrients. Synergism in whole foods allows for bioactive constituents to have stronger and more efficient activities in their natural state than when they are extracted and isolated. In other words, the whole is greater than the sum of its parts.*

Vitamin complexes A, B, C, E, and P

- Vitamin A is an antioxidant that strengthens the immune system, promotes gastrointestinal health, and supports eye health.
- Vitamin B helps maintain nervous system health and supports muscle tone in the gastrointestinal tract. B-complex vitamins are also important for health of the heart, skin, hair, and eyes.
- Vitamin C is a strong antioxidant that boosts the immune system and supports healthy tissue structure.
- Vitamin E also helps support tissues and works synergistically with vitamin C to provide optimal antioxidant protection.
- Vitamin P complex contains rutin and other bioflavonoids. The vitamin P complex contains compounds that help strengthen capillaries and support capillary wall permeability.*

Minerals

All living cells require minerals for proper function and structure. Boron from grapes supports healthy bones and is required for the proper metabolism of calcium, phosphorus, and magnesium. Calcium from whey helps keep bones and teeth strong and healthy. Chromium from brown rice helps metabolize glucose for energy. Copper from barley helps form bone tissue and red blood cells. Iron from multiple sources helps produce hemoglobin. Magnesium from alfalfa sparks many different enzymatic activities. Manganese from Brussels sprouts and kale helps metabolize proteins and fats. Potassium from brown rice supports a healthy nervous system. Selenium from brown rice, in conjunction with vitamin E, provides excellent antioxidant protection. Zinc from alfalfa helps synthesize collagen and other proteins. It also promotes a healthy immune system.*

Top 6 Benefits of SP Complete™

Whether taken alone or before meals, a shake made with SP Complete can help replace vital nutrients that are often lost during the refining process of many of the foods we buy.

The different ingredients found in SP Complete support a multitude of different physiological functions. SP Complete is completely portable—perfect for busy schedules. A shake made with SP Complete:

- Provides multiple nutrients in a highly-bioavailable form
- Supports a healthy cardiovascular system
- Encourages healthy nervous system function
- Delivers strong antioxidant protection to promote cellular health
- Supports healthy digestive system function
- Supports healthy liver function*