

FAQs



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*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.

What are the benefits of purification? A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:*

- Improved weight-management results
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer thinking
- Clearer skin
- Shinier hair
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)
- Better sleep*

Will this purification program help me lose weight? By following the Standard Process Purification Program, you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix but a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 35-43 for tips on how to continue your success.

Is exercise necessary? How much and what type is recommended? Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.

How do I stick to the program when eating away from home?

Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended list (pages 17-21). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

What physical changes will I experience during purification?

Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In some cases you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, fatigue, or other physical effects. These are generally normal purification occurrences and should subside within a few days.

If you have any questions or concerns about how you are feeling or if these effects last for more than a few days, please contact your health care professional.

Why can't I substitute different vegetables than what are outlined? The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification.

What can I do for temporary constipation? Remember to drink plenty of water and eat plenty of vegetables and fruits with high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Do the purification products contain gluten? All of the purification supplements are gluten-free. A complete list of gluten-free products is also available at standardprocess.com.

Why is there lactose in SP Complete? Whey is a protein source found in SP Complete, SP Complete Chocolate, and SP Complete Vanilla; lactose is found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Is the Standard Process Purification Program vegetarian? It is vegetarian (lacto-ovo) but not vegan.

What if I am allergic to certain foods on the list? If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.

Is the purification program recommended for pregnant or lactating women? No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.



What if I am struggling with the program? Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

What if I am not losing weight during post-purification like I did on the purification program? The post-purification process is a way to establish healthy eating habits rather than a weight-loss program. That said, many people will lose weight during both purification and post-purification because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:*

- Eat more vegetables than fruits.
- Have healthy snacks, such as vegetables and fruits, available at all times.
- Be aware of portion size.
- Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

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