

How do I determine my toxic load?

Your toxic load is the amount of toxins that your body must process.

- Yes No Do you or have you eaten processed foods?
- Yes No Do you eat non-organic fruits and vegetables?
- Yes No Do you eat meat that is not organic?
- Yes No Do you or have you ever used artificial sweeteners?
- Yes No Do you drink soda?
- Yes No Do the foods you eat have preservatives, additives, or sweeteners added?
- Yes No Do you eat fast foods and/or eat out regularly?
- Yes No Do you charbroil or grill foods?
- Yes No Do you drink coffee regularly?
- Yes No Do you drink alcohol?
- Yes No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins — such as personal care products, cleaners, and pollution — add to your load. Your health care professional may have you complete a more comprehensive questionnaire to understand your toxic load.*



How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body — the liver, kidneys, and intestines. With help from these organs, your toxic load can decrease, and your body can concentrate its energy on purification. This can help you achieve optimal health by cleansing the body from the inside out.*

Liver

- Filters toxins
- Aids the body in metabolizing fat, protein, and carbohydrates
- Helps transform many toxins into harmless agents

Kidneys

- Filter waste and excess fluid from the blood
- Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

Small Intestine

- Digests food so that nutrients can be absorbed into the blood and transported to the liver
- Provides a barrier that blocks toxins from the rest of the body

Large Intestine

- Absorbs water and electrolytes, forming waste that is excreted from the body
- Produces antibodies for gastrointestinal health
- Contains bacteria that create fatty acids and some vitamins for extra nutritional support

Lighten your toxic load and manage your weight through the **Standard Process Purification Program**. You're on your way to a clearer, brighter, lighter future!*

*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.

Program Basics

Our 21-day purification program includes eating whole, organic and unprocessed foods and eliminating foods that may cause a concern in some individuals; taking supplements with whole foods and other ingredients; and drinking plenty of water. You will eat a variety of vegetables and fruit for the first 10 days, with select proteins added on day 11.

What supplements will I use during purification?



SP Cleanse®

Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.* It also:

- Supports healthy kidney, liver and gallbladder function*
- Supports processes involved in healthy digestive function
- Helps regulate pathways in the body's natural toxin-elimination function*



SP Green Food®

Contains phytonutrients from organic whole food-based sources including alfalfa, Brussels sprouts and kale to:

- Promote healthy liver function*
- Support overall cellular health*

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Gastro-Fiber®

A mix of psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.

Whole Food Fiber

A mix of oat fiber, beet fiber and root, rice bran, carrot root and fiber, sweet potato, and apple pectin.

Both help:

- Support healthy elimination
- Encourage a healthy intestinal environment to help maintain proper intestinal flora*



SP Complete®, SP Complete® Chocolate, SP Complete® Vanilla (all with whey protein), or SP Complete® Dairy Free (with rice protein)

Offers essential whole food nutrition in a convenient powder.* They also:

- Provide amino acids
- Support intestinal, muscular, and immune system health
- Provide ingredients with antioxidant activity
- Support healthy liver function
- Support the body's normal toxin-elimination function
- Support the maintenance of a healthy weight when combined with a healthy lifestyle*

Your health care professional will determine which product is right for you.