

The SP 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.\*

TOXIN REMOVAL CAN CONTRIBUTE TO:



Increased energy



Better digestion



Decreased cravings



Weight management



Clearer skin



Clearer thinking



Healthier hair



Better sleep

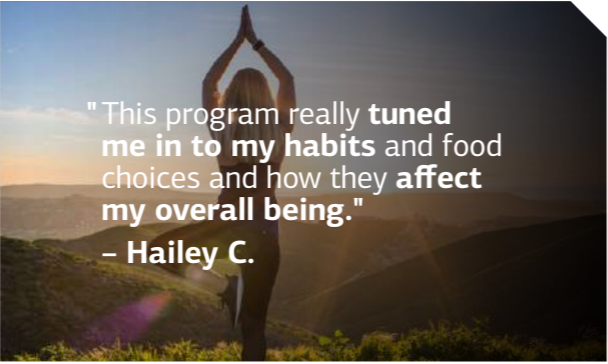
Success Stories from Program Participants



"It's really never too late to improve your life."  
– Connie L.



"I have acquired **new eating habits** and I don't want them to change now that the program is over because **I feel so good!**"  
– Janelle L.



"This program really **tuned me in to my habits** and food choices and how they **affect my overall being.**"  
– Hailey C.



Changing Lives with Nutrition

Standard Process:

- Has been changing lives with a whole food philosophy since 1929
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Teams-up with health care professionals
- Has been trusted by practitioners and patients for generations



TOGETHER WE CHANGE LIVES.  
Standard Process, Your Health Care Practitioner, and You

The Standard Process Purification Program

Clearer. Brighter. Lighter.



A Structured Plan for Healthy Habits



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# 21 Days for a Total Change

**The Standard Process Purification Program** helps you rebuild your body from the inside out. It's a structured plan for purifying, nourishing, and maintaining a healthy lifestyle.

Along with Standard Process supplements, the program supports major organ systems with the vitamins, minerals, and other nutrients found in whole foods. It also supports the maintenance of healthy weight when combined with a healthy lifestyle.\*

**When the program is over, a new way of living is just the beginning.**



## Program Basics

The SP Purification Program focuses on eating whole, organic, and unprocessed foods and temporarily eliminating foods that may cause a concern in some individuals. In addition, proper hydration and whole food-based supplements play important roles throughout the program and beyond. These supplements include:



### SP Cleanse®

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



### SP Green Food®

Contains phytonutrients from organic whole food-based sources to promote healthy liver function and support overall cellular health.\*



**SP Complete®**  
**Chocolate | Vanilla** (all with whey protein) **or Dairy Free** (with rice protein)  
Offers essential whole food nutrition and protein to support your body during a cleanse and beyond.\*

## FIBER OPTIONS



OR



**Gastro-Fiber®**      **Whole Food Fiber**

Both support healthy elimination and encourage a healthy intestinal environment to help maintain proper intestinal flora.\*

## SP Purification Program

The 21-day Standard Process Purification Program isn't just a cleanse diet. It's a structured program that brings healthy lifestyle habits into focus.



- Supports the body's natural metabolic detoxification processes\*
- Supports healthy liver, kidney, and gallbladder function\*
- Supports intestinal and immune system health\*
- Supports muscle building and recovery\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*



BUCKWHEAT



BRUSSELS SPROUTS



KALE



ALFALFA

## Sample Meal Plans

### DAYS 1 - 10

- Breakfast:** 1 ½ T. Pumpkin seeds (unsalted) and 1 apple
- Snack:** Basic SP Complete® Shake and ½ cup baby carrots
- Lunch:** Arugula salad with choice of vegetables and avocado dressing
- Snack:** Kale chips
- Dinner:** Lentil soup
- Snack:** Pumpkin pie shake

### DAYS 11 - 21

- Breakfast:** ½ cup baby carrots and zucchini hummus
- Snack:** Basic SP Complete® Shake
- Lunch:** Spinach salad with 3oz of roasted chicken breast and choice of vegetables and apple cider vinaigrette
- Snack:** Asparagus fries
- Dinner:** Chipotle salmon with roasted sweet potatoes
- Snack:** Apple cinnamon surprise shake

Visit [standardprocess.com/purification505](https://standardprocess.com/purification505) for exclusive access to recipes, videos, daily emails, and more

\*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.