

# SP Complete™

## SP Complete Offers Essential Whole Food Nutrition in a Convenient Powder

While the majority of our population has access to nutritious food, obesity is now recognized to be a serious health concern. Poor nutrition, coupled with a lack of exercise, contributes to this problem. Americans eat too many foods high in sugar, refined carbohydrates and saturated fats, and too few vegetables, fruits, and whole grains. A lack of essential nutrients can leave the body without the nutritional support that is vital to good health. Eating a well-balanced diet, including SP Complete shakes, and getting plenty of exercise are the best ways to give our bodies the support they need for proper functioning and a healthy weight. SP Complete offers a nutritious, well-balanced, vegetarian supplement to complement a healthy diet and lifestyle.†

## How SP Complete Keeps You Healthy

### Offers essential nutrients to support the proper functioning of many biological systems

Whey protein provides a highly bioavailable and complete source of protein which is an integral part of nearly every chemical reaction that takes place in the body. The amino acids in whey protein are important in preserving muscle mass, providing the body with energy, supporting immune function, and supporting mucosal regeneration to aid the gut in absorbing nutrients. Flaxseed is a rich source of alpha-linolenic acid, a biologic precursor to omega-3 fatty acids. As a good source of fiber, flaxseed promotes healthy gastrointestinal elimination. Alfalfa supports digestion as well as proper kidney function. Buckwheat has highly soluble protein and fiber content, a balanced amino acid composition and is a good source of minerals. Next to oat flour, buckwheat flour has the highest protein content of any grain. Additionally, intake of buckwheat protein extract has been shown to increase muscle mass and reduce body fat.†

### Provides antioxidant support

Whey protein is rich in cysteine, an important component of glutathione. Glutathione is a powerful antioxidant that is integral to reducing oxidative stress in many cells throughout the body, including the immune cells. Cruciferous vegetables, like kale and Brussels sprouts, contain phytochemicals that stimulate enzymatic activity required to support liver detoxification. Additionally, cruciferous vegetables have been shown to improve cholesterol metabolism and decrease markers of oxidative stress in humans. Barley grass contains chlorophyll, which is often used to remove toxins from the body and support organ detoxification systems. Research has shown that chlorophyll reduces toxins in the liver.†

*Please copy for your patients*



**Introduced in:** 2002

### Content:

28 Ounces (795 g)

1 oz packets (28.3 g) (10/box)

**Vegetarian Product (Lacto-Ovo)**

### Supplement Facts:

Serving Size: 2 rounded tablespoons (scoops) or 1 packet

Servings per Container: 30 or 10 packets

		%DV
Calories	90	
Calories from Fat	9	
Total Fat	1 g	2%*
Cholesterol	10 mg	4%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	2 g	8%*
Protein	10 g	20%*
Calcium	200 mg	20%
Iron	1 mg	4%
Sodium	60 mg	2%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Proprietary Blend:** Whey (milk) protein powder, flax meal powder, rice protein powder, calcium citrate, magnesium citrate, buckwheat (leaf), Brussels sprouts (whole plant), kale (whole plant), choline bitartrate, inositol, barley (grass), alfalfa (whole plant) juice powder, soybean lecithin powder, grape (seed) extract (includes Masquelier's® OPC-85; 98% total phenolic compounds; 65% proanthocyanidins), carrot (root) powder, and red wine extract (95% total phenols).

**Suggested Use:** Two rounded tablespoons (scoops) or 1 packet per shake. One to five shakes per day, or as directed.

Please see the Whole Food Supplement Shake brochure or our website for suggested recipes.

**Special Information:** Refrigerate after opening. Store unopened container in a cool, dark place.

Sold through health care professionals.

This product is part of our Purification and Post-Purification Product Kits.



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# SP Complete™

## What Makes SP Complete Unique

### Product Attributes

A natural and nutritious whole food supplement that mixes with water and fruit or vegetables to make a delicious shake

- ▶ Can be used to add vital nutrients to any diet, or it can be used as part of the Standard Process Purification and Post-Purification Programs
- ▶ Whole food ingredients provide a complete balance of nutrients and their synergistic cofactors
- ▶ Contains a combination of grape seed extracts (including Masquelier's® Original OPC) that offers the highest percentage and quality of OPCs available†
- ▶ Contains nondenatured whey proteins which have kept their nutritional integrity throughout the manufacturing process

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- ▶ Assures the soil is laden with minerals and nutrients
- ▶ Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- ▶ Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- ▶ Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- ▶ The nutrients in SP Complete are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for SP Complete™.

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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

