

SP Complete™

2820

Please Copy for Your Patients

SP Complete is a Whole Food Supplement Designed to Offer Essential Macro- and Micronutrients in the Form of an Easy-to-Drink Shake

Ironically, while the majority of the population in our country enjoys clear access to good nutrition, our health problems paint quite a different picture. Obesity is now recognized to be a serious health issue. Americans eat fast food, too much sugar, and large portions of food. Many Americans do not consume enough vegetables and fruit. Our diet coupled with a lack of exercise contributes to obesity in this country. Poor nutrition can also contribute to many serious diseases and chronic health conditions. A lack of vitamins, minerals, essential fatty acids, and antioxidants can leave the body susceptible to fatigue, a challenged immune system, reduced cardiovascular system efficiency, poor skeletal system health, and significant nervous system imbalance—just to name a few. We are a time-conscious society, especially in our dietary choices. Often, time and convenience of food is a higher priority than its nutritional value. Eating a well-balanced diet in moderate portions, drinking plenty of water, and getting regular exercise are the best ways to give our bodies the nutrition they need to support healthy body functioning and maintain a healthy weight. In an effort to give you a healthier alternative to your snacking choices, Standard Process offers SP Complete. SP Complete provides a nutritious, vegetarian way for people to complement their diets with a well-balanced, nutritious supplement. You can make yourself a delicious, nutritious, vegetarian shake in nearly the same amount of time as opening a can of soda and a bag of chips.†

How SP Complete Keeps You Healthy

Offers 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

Flax meal provides omega-3 essential fatty acids, well recognized for their heart-health properties. Rutin, an important bioflavonoid in buckwheat, helps support vascular walls. Chlorophyll, found in barley grass, assists in the natural cleansing of impurities from the blood and 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.†

Provides strong antioxidant protection to promote cellular health

Grape seed and red wine extracts contain oligomeric proanthocyanidins (OPCs)—bioavailable sources of antioxidants that cross the blood-brain barrier. Kale and Brussels sprouts are cruciferous vegetables that contain fiber, minerals, and vitamins A, C, and E. Indole-3-carbinol and sulforaphane are also found in Brussels sprouts and kale. These nutrients provide strong antioxidant protection to help protect cells from oxidative damage that can lead to many different health problems. Inositol assists in the production of lecithin, an important constituent of cellular membranes.†

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Introduced in:

2002

Content:

28 Ounces (795 g)

Supplement Facts:

Serving Size: 2 rounded tablespoons
(scoops)
Servings per Container: 30

		%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	2 mg	10%
Sodium	60 mg	2%

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

This product is part of our Purification Kit (12010) which also includes SP Cleanse®, Gastro-Fiber®, and SP Green Food™.



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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.

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How SP Complete Keeps You Healthy (continued)

Supports healthy digestive function

Barley grass helps cleanse the digestive system by helping dissolve the substances in foods.†

What Makes SP Complete Unique

Unique Product Attributes

This is a vegetarian product (lacto-ovo)

A natural and nutritious whole food supplement that mixes with water and fruit or vegetables to make a delicious shake, completely portable for today's busy schedules

- Developed specifically for Standard Process' purification programs
- Combines whole foods that contain multiple functional nutritive and non-nutritive compounds
- Powdered form makes this nutritional supplement both appealing and portable
- Whole food ingredients provide a complete balance of macro- and micronutrients and their synergistic cofactors
- Contains a combination of grape seed extracts (including Masquelier's® Original OPC) that offer the highest percentage and quality OPCs available†

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 by-products 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

Unique Processing

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

- Preserves nutritional integrity

Exclusive 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 constantly 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

Dr. 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 synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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

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

Please see the SP Complete brochure for a suggested recipe.

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

Sold to health care professionals.

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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