



Purification Program



**A Patient Guide to Purifying,
Nourishing, and Maintaining
a Healthy Body and Weight**

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For your shopping convenience, use the tear-off shopping list in the back of this guide.

At Standard Process, we know how hectic your life can be, so we've designed our purification program to fit your schedule and make it easy for you to succeed. Going on the purification program is a commitment, but the results will make the effort worthwhile.

Much of the program centers on what you eat. Your diet will include Standard Process supplements and whole foods that contain vitamins, minerals, and other nutrients to support all the major organ systems during purification. In addition, this program contains foods that will help you maintain a consistent, healthy weight.



This plan is a guideline for you to follow, so get creative. You have so many choices that everyday can be an adventure. Try new foods. Discover new ways to eat healthy. And most of all, have fun. Purification may be a struggle, but remember what you are striving for: a healthier you.

purify

The 21-day Standard Process Purification Program utilizes whole food supplements; whole, organic, and unprocessed food; and water to cleanse the body so that you can have more energy, maintain a healthy weight, and improve your digestion. Purifying offers you a way to enjoy the best your body has to offer.*

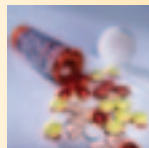
Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins everyday, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

Toxins can contribute to a wide range of conditions:

- ▶ Stuffy head
- ▶ Fatigue or difficulty sleeping
- ▶ Digestion and other gastrointestinal problems
- ▶ Food cravings and weight gain
- ▶ Reduced mental clarity
- ▶ Low libido

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



There are approximately 80,000 synthetic chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research has shown that many of these chemicals can disrupt our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins.

External toxins

<i>Air and water pollutants</i>	<i>Household cleaning products</i>
<i>Caffeine</i>	<i>Pesticides and herbicides</i>
<i>Cigarette smoke</i>	<i>Pharmaceuticals</i>
<i>Cosmetics</i>	<i>Preservatives</i>
<i>Heavy metals</i>	

Internal Toxins

Ammonia
Carbon dioxide
Free radicals

How do I determine my toxic load?

Your toxic load is the amount of toxins that your body needs to process. By answering the following questions, you may gain some insight as to your current toxic load.

- ☐ 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 and poultry that are not free range?
- ☐ Yes ☐ No Do you consume genetically altered food?
- ☐ 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, dyes, 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 perfumes, cleaners, and pollution, add to your 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 will decrease and your body will concentrate its energy on purification and weight reduction. This will help you achieve optimal health by cleansing the body from the inside out.*

**Lighten your toxic load and manage your weight
through the Standard Process Purification Program.
It will transform your body—and your life.**

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THE

Standard Process Purification Program

stimulates specific detoxification
organs in your body—the liver,
kidneys, and intestines.*

Liver

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

Kidneys

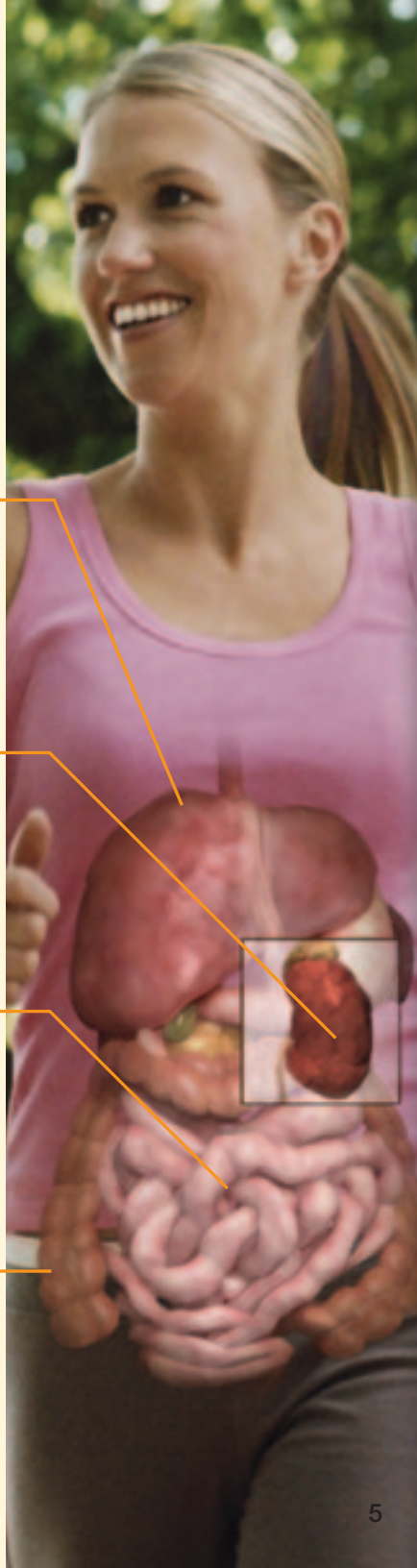
- ▶ Filter out waste and excess fluid from the blood
- ▶ Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

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 bacterium that create fatty acids and some vitamins for additional nutritional support



Program Basics

The foundation of our 21-day purification program includes eating whole, organic, and unprocessed foods; taking whole food supplements; and drinking plenty of water. You will eat vegetables and fruit from days 1-10, with select proteins added at day 11.

What supplements will I use during purification?

SP Cleanse®

- ▶ Vegetarian supplement, containing whole foods and botanicals, that helps the body's purifying organs—kidneys, liver, and intestines—eliminate toxins to:
Maintain healthy kidney and liver function

Support a healthy gastrointestinal environment and promote regular elimination

*Support the lymphatic system, a major part of the immune system**

SP Complete® (whey protein) | SP Complete® Dairy Free (rice protein)

- ▶ Offer essential whole food nutrition in a versatile shake
- ▶ Deliver powerful antioxidant protection to support liver detoxification and immune function, as well as combat free radical damage
- ▶ Provide amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health*

SP Complete Dairy Free is designed for those who are sensitive to dairy.

Because SP Complete Dairy Free contains rice protein instead of whey, this specialty product is slightly different from SP Complete. Please review the supplement facts for the specific nutritional information/differences.

Gastro-Fiber® (capsules) | Whole Food Fiber (powder)

Gastro-Fiber provides dietary fiber from botanicals and other whole food sources, with more *soluble* fiber (slows digestion). Whole Food Fiber contains whole food ingredients with more *insoluble* fiber (creates a feeling of fullness). Your health care professional will determine which is right for you. Both help:

- ▶ Soften the stool and encourage regular elimination
- ▶ Promote a healthy gut—provides an environment for beneficial microorganisms
- ▶ Maintain healthy lipid and blood glucose levels already in normal ranges*

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SP Green Food®

- Contains five organically grown whole food concentrates: Brussels sprouts, kale, alfalfa, buckwheat, and barley grass to:

Support detoxification in the liver and combat free radical damage

*Provide a good source of phytonutrients, essential amino acids, vitamins, and minerals**

Supplement Regimen

Follow the supplement regimen below or as directed by your health care professional.

Days 1-7

- 2-3 SP Complete or SP Complete Dairy Free shakes per day (2 scoops per shake)

See page 14 and our website for some tasty recipes

- 7 SP Cleanse capsules 3 times per day
- 3 Gastro-Fiber capsules 3 times per day or
1 Tbs. Whole Food Fiber per SP Complete shake

If constipation occurs, increase water and raw vegetable intake; you can also eat one beet daily.

Days 8-21

- 2-3 SP Complete or SP Complete Dairy Free shakes per day (2 scoops per shake)
- 3 Gastro-Fiber capsules 3 times per day or
1 Tbs. Whole Food Fiber per
SP Complete shake
- 5 SP Green Food capsules
2 times per day

Please note: Supplements should be taken with an SP Complete shake or water, but not with meals, at least one hour before or two hours after meals or directly before bed.



Additional Supplementation

Your health care professional may also recommend these and other supplements during your program:

Whey Pro Complete

- ▶ Supplies 15 grams of protein per serving to increase energy and support muscle tissue growth

Tuna Omega-3 Oil

- ▶ Provides omega-3 fatty acids

Gymnema 4g from MediHerb®

- ▶ Maintains healthy blood sugar levels already within a healthy range when combined with a healthy diet

ProSynbiotic

- ▶ Supports gut flora and overall intestinal health

Linum B6

- ▶ Contains flaxseed oil to help maintain healthy skin, nerve tissue, and blood fat levels*

Visit www.standardprocess.com for additional information on these products.



If you are looking for convenience, SP Complete and Whey Pro Complete are available in single-serving packets. Ask your health care professional for more details.

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nourish

“Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors...” – Dr. Royal Lee

The purification program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

What else will contribute to my success?

Eating for success

- ▶ Eat a variety of foods; choose a rainbow of colors
- ▶ Eat frequently throughout the day, to maintain a level blood sugar range

Refrain from consuming/using:

- ▶ Alcohol, caffeine, tobacco, or other stimulants
Taper off before you begin your program to lessen headaches
- ▶ Nuts/seeds
- ▶ Dairy
- ▶ Grains (except wild or brown rice)
- ▶ Processed or refined foods

For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight management benefit you can gain from the program.



What will I eat?

Your health care professional may modify this program for your individual health needs.

Vegetables

You can eat an unlimited amount of vegetables from the list below (use organic whenever possible). Your vegetable intake should be twice the amount of fruit intake.

- ▶ Average serving size = ½ cup
- ▶ No dried or canned vegetables; frozen OK
- ▶ Fresh juices made from vegetables are also allowed
- ▶ Most vegetables may be steamed for four minutes or stir fried over low heat; however, for best results, consume ½ of your vegetables raw
- ▶ Fresh herbs and spices are optional

Vegetables

<i>Artichokes</i>	<i>Chives</i>	<i>Pimentos</i>
<i>Asparagus</i>	<i>Cucumbers</i>	<i>Radishes</i>
<i>Bamboo shoots</i>	<i>Eggplant</i>	<i>Sea vegetables</i>
<i>Bean sprouts</i>	<i>Garlic</i>	<i>Squash</i>
<i>Beets, red</i> (steam for 20-30 minutes or until soft)	<i>Kohlrabies</i>	(acorn, butternut, spaghetti)
<i>Bok choy</i>	<i>Leeks</i>	<i>String beans</i>
<i>Broccoli or brocciflower</i>	<i>Mushrooms</i>	<i>Sweet potatoes</i> (only ½ per day)
<i>Brussels sprouts</i>	<i>Okra</i>	<i>Turnips</i>
<i>Cabbage</i> (all types)	<i>Onions</i>	<i>Water chestnuts</i>
<i>Carrots</i>	<i>Oyster plant</i>	<i>Yams</i> (only ½ per day)
<i>Cauliflower</i>	<i>Parsley</i>	<i>Zucchini</i>
<i>Celery</i>	<i>Peppers</i> (any color)	

Lettuce and Greens

<i>Arugula</i>	<i>Escarole</i>	<i>Romaine</i>
<i>Beet greens</i>	<i>Kale</i>	<i>Spinach</i>
<i>Chicory</i>	<i>Mustard greens</i>	<i>Swiss chard</i>
<i>Collard greens</i>	<i>Radicchio</i>	<i>Watercress</i>
<i>Dandelion greens</i>	<i>Red and green leaf</i>	
<i>Endive</i>		

Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, no dried or canned fruit (use organic whenever possible).

► Average serving size indicated

Apples, 1 medium

Apricots, raw (3 medium)

Avocados, $\frac{1}{4}$

Bananas, $\frac{1}{2}$ per shake

Blackberries, 1 cup

Blueberries, 1 cup

Cantaloupe, $\frac{1}{2}$ medium

Cherries, 15

Cranberries, 1 cup whole

Figs, 2

Grapefruit, 1 whole

Grapes, 15

Guavas, 1 whole

Honeydew melon,
 $\frac{1}{4}$ small

Kiwis, 1 whole

Kumquats, 1 whole

Lemons, 1 whole

Limes, 1 whole

Loganberries, 1 cup

Mangos, 1 whole

Mulberries, 1 cup

Nectarines, 2 small

Oranges, 1 large

Papayas, 1 small

Peaches, 2 small

Pears, 1 medium

Pineapple, $\frac{1}{2}$ cup

Plums, 2 small

Pomegranates, 1 whole

Raspberries, 1 $\frac{1}{2}$ cup

Rhubarb, 1 cup

Strawberries, 1 $\frac{1}{2}$ cup

Tangerines, 2 small

Tomatoes, 1 medium



What will I eat? (continued)

Lentils or Wild/Brown Rice

- ▶ Average serving size = $\frac{1}{2}$ cup cooked (measure carefully)
- ▶ 1-2 servings of lentils or 1 serving of wild or brown rice per day

Please note: Lentils have a higher protein content and less carbohydrates than rice. For ideal weight and blood glucose management, choose lentils more often than rice.

Protein Sources *(can be added to program on day 11)*

- ▶ Average serving size = 3 oz. cooked
Roughly the size and thickness of your palm
- ▶ Total servings: 2-4 per day, with 1-2 servings being fish
Fish should be deep sea fish (e.g. salmon, cod, or sea bass), not farm raised
Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.
- ▶ Prepare by broiling, baking, roasting, or poaching
- ▶ No cured, smoked, or luncheon meats
- ▶ Ask your health care professional about adding 2 scoops of **Whey Pro Complete**, a powdered protein supplement, to each SP Complete shake for additional protein. (Whey Pro Complete can be added to shakes starting on day 1.)

Please note: Protein sources can be added to the program on day 11, or as your health care professional recommends.

Spring Water

- ▶ Drink a minimum of 8 glasses (64 oz.) of spring water a day

Oils

- ▶ Average serving size = 1 tsp. | Servings: 4-7 teaspoons per day
- ▶ Should be cold-pressed and unprocessed
- ▶ Use high-quality oils, such as:

Coconut oil

Extra-virgin olive oil

Fish oil

Flaxseed oil (Keep refrigerated, do not heat)

Grape seed oil

Shake Up Your Taste Buds with These Delicious Recipes

Directions for all shakes

Thoroughly blend all ingredients together adding ice cubes or cold water until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Original Recipe

1-1 ½ cups of your favorite fresh or frozen fruit or vegetables* (optional)
1 Tbs. high-quality oil (e.g. flaxseed oil)
2 rounded Tbs. (scoops) SP Complete
8 oz. water (increase for desired consistency)

Please note: You may add 2 Tbs. of Whey Pro Complete and/or 1 Tbs. Whole Food Fiber to any shake recipe.

Strawberry Twist

1 cup strawberries
1 cup freshly juiced carrots*
1 Tbs. flaxseed oil
2 rounded Tbs. SP Complete
Ice cubes or cold water

Citrus Berry Splash

½ cup blackberries
¼ cup blueberries
½ cup strawberries
½ banana (optional)
The juice from 2 freshly squeezed oranges
2 rounded Tbs. SP Complete
Ice cubes or cold water

Banana Berry Blast

½ cup blueberries
½ cup strawberries
½ banana
2 rounded Tbs. SP Complete
Ice cubes or cold water

12-oz. High-protein Smoothie

¼ banana
¼ cup pineapple
1 Tbs. high-quality oil (e.g. flaxseed oil)
2 rounded Tbs. SP Complete
2 rounded Tbs. Whey Pro Complete
½ cup water

Tips for your shake:

- ▶ Use frozen fruit and eliminate water/ice for a frosty, thick smoothie.
- ▶ Mangos or peaches give your shake a nice zing!
- ▶ Slice extra ripe bananas and freeze for easy use.
- ▶ Increasing fruit will increase the sweetness, but will also increase the calories and may interfere with weight management.

Note: Consider substituting SP Complete Dairy Free if lactose is a concern.

*If vegetables are used, there is no restriction regarding the quantity. When blending vegetables, it is recommended to use a high-performance commercial drink blender.

Bring Your Salad to Life With These Accents

Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add zing to your greens.

Garlic Flax Oil Dressing

2 cloves of organic garlic
1/8 tsp. Celtic Sea Salt®
Juice from half of a freshly squeezed lemon
1/3 cup flax oil

Mash garlic cloves with Celtic Sea Salt®. Squeeze lemon juice into the mixture. Taste...if needed, add more salt, garlic, or juice. Add flax oil. Mix all ingredients together and pour over salad.

Visit www.standardprocess.com for more great recipes.

Apple Cider Vinaigrette

3 Tbs. organic apple cider vinegar
1/2 cup extra-virgin olive oil
1/4 tsp. Celtic Sea Salt®
1 tsp. oregano
1/8 tsp. freshly ground pepper

Mix all ingredients together and refrigerate in a sealed container. Let dressing sit out for a few minutes before using.

Vinaigrette Dressing

2/3 cup olive or flax oil
1 Tbs. Dijon mustard
1/4 cup balsamic vinegar
or lemon juice
1 clove garlic, minced
1/4 cup water
Mix together and add herbs to taste.

Seasonings

The Standard Process Purification Program was designed so you are able to taste food in its natural state. If you choose to incorporate seasonings, use only fresh organic herbs and spices.



maintain

How do I remain in good health after the program?

The logical next step after purification is the post-purification program. It follows the suggested meal plan from days 11-21, but emphasizes the systematic reintroduction of foods that were not included in the purification diet, plus whole food supplements and regular exercise. This will allow you to reach your “new” normal—the healthy way you will eat and live from now on. Your health care professional will recommend that you stay on the post-purification program until you meet your health and weight management goals.

Your health care professional may want you to complete the purification process once or twice a year to maintain your level of health and well-being. You can also consider adding SP Complete or SP Complete Dairy Free shakes to your normal routine. They are a great way to keep you going throughout the day.



What if I want to add more protein or fiber to my diet after purification?

For additional protein or fiber, you may want to mix a shake with Whey Pro Complete (powdered protein supplement) or Whole Food Fiber (powdered fiber supplement). You can also combine Whey Pro Complete or Whole Food Fiber with SP Complete, or other beverages or foods, such as applesauce or yogurt. See the Whey Protein or Dietary Fiber brochure for more details.

How do I maintain a healthy weight?

After purification, you will have learned how to treat your body better by eating healthier and exercising more frequently. You will also have a new attitude toward food. You will see how the unhealthy things you may have craved during the program aren't as desirable as you thought. You will see how they make you feel and you may find that they won't meet your expectations. Even after reaching your desired weight, continue with our post-purification program to maintain a healthy weight, for now and years to come. Some tips for healthy weight management after purification are:

- ▶ Watch your portion sizes and make sure your diet has more vegetables than fruits.
- ▶ Have healthy snacks available at all times (fruits and vegetables make great snacks).
- ▶ Don't eat anything in excess. If you must have treats, write them down in a journal so you can gauge how often you are having them and how they make you feel.
- ▶ If sugar cravings are your problem, ask your health care professional if there are any additional supplements that can help you.

Frequently Asked Questions About Purification

Q Why does my body need to be purified?

A See page 2.

Q What are the benefits of purification?

A 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*

Q Will this purification program help me lose weight?

A You can achieve weight loss by eliminating high-calorie, refined, nutrient-poor foods. The ideal weight management system is not a quick fix—instead it is a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process has been completed. By following the Standard Process Purification Program recommended by your health care professional, you will be working toward sustained, long-term weight management.

Q Is exercise necessary? How much and what type is recommended?

A Exercise facilitates the removal of toxins and it helps you manage a healthy weight. It is recommended that you walk at least 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the three-week period. Consult with your health care professional if you are currently on a more strenuous exercise program that you would like to maintain throughout the purification program.

Q What Standard Process supplements are taken during the program?

A See pages 6-8.

Q Can I take my regular supplements/medication on the program?

A Please contact your health care professional before you begin your purification program. They can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. Your health care professional may recommend additional supplements to support your body while on the program.

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

A Here are some tips to help you stay on track:

- ▶ Plan your strategy before you leave home.
- ▶ When choosing a restaurant, select one which serves foods that are on the recommended list. This will curb temptation.
- ▶ When traveling, pack a cooler of foods, including fresh fruit and sliced raw vegetables—and don't forget the water bottles.
- ▶ When attending a social gathering, bring a dish to pass that you know would be acceptable, like a fruit/veggie tray or chicken kabobs.
- ▶ For added convenience, SP Complete and Whey Pro Complete are available in single-serving packets. Ask your health care professional for more details.

Q What physical changes will I experience during purification?

A 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 rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

Q Why can't I substitute different vegetables than what are outlined?

A The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification. As with any radical diet change, please consult your health care professional before starting this program.

Q What can I do if I am tired or lack energy while on the program?

A You may be fatigued because your body may require a higher amount of protein while purifying. Ask your health care professional about adding Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements.

Q What can I do for temporary constipation?

A Remember to drink plenty of water—at least 64 ounces per day. Eat plenty of vegetables and fruits with a high fiber content. Eating one beet daily encourages regular bowel movements. Talk with your health care professional for other recommendations.

Q Do the purification products contain gluten?

A Gluten sensitivity is a complex issue. Due to differences in patient sensitivities, nutritional counseling from your health care professional should be individualized and potential gluten allergies and/or celiac disease should be discussed before you begin the Standard Process Purification Program.

Q Why is there lactose in SP Complete?

A SP Complete is a nutritious supplement shake. Whey is a protein source found in the shake and lactose is a nutrient found in the whey. There is approximately ½ gram of lactose per shake. Try SP Complete Dairy Free if lactose is a concern.

Q Is the Standard Process Purification Program vegetarian?

A It is vegetarian (lacto-ovo), but not vegan.

Q What if I am allergic to certain foods on the list?

A 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.

Q Is this purification program recommended for pregnant or lactating women?

A No. More calories are required during pregnancy and lactation than are needed for purification and everyday weight management.

Enjoy the Journey

During the next 21 days, you will experience ups and downs, both physically and emotionally, as your body rids itself of toxins. Record your experiences to allow your health care professional to determine how the program is working for you.

Below is an example of what you might record:



- What did you eat today? List the specific items you consumed.
- How are you feeling? Here are some examples:

<i>Energetic or Sluggish</i>	<i>Grounded or Dizzy</i>
<i>Refreshed or Tired/Drained</i>	<i>Clear/Receptive or Unfocused</i>
<i>Relaxed or Tense</i>	<i>Calm or Nervous</i>
<i>Content or Depressed</i>	
- Did you experience any physical effects?

<i>Skin Reactions (Itchy, Rashes, Acne, Clearer Skin)</i>	<i>Mild or Moderate Discomfort</i>
<i>Flu-like Symptoms</i>	<i>Gas or Bloating</i>
<i>Headaches</i>	<i>Allergic Reactions</i>
<i>Aching Joints</i>	<i>Constipation or Healthy Bowel Movements</i>
<i>Weight Loss</i>	
- Are you doing any other purification techniques?
Saunas, massages, etc. may help relieve any negative symptoms listed above.
- Exercise: List the amount of time and type of exercise.
Perspiring is also cleansing and will enhance the benefits of the purification and weight management process.

Daily Intake Journal

Day 1 *Good luck on your journey toward better health!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 2

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 3

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 4

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 5 *Week 1 is almost over!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 6

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 7 *It's your last day on SP Cleanse.**What did you eat today?*

Breakfast _____

Lunch _____

Dinner _____

Other _____

*How are you feeling?**Did you experience any physical effects?**Are you doing any other purification techniques?**Exercise:*

Day 8*What did you eat today?*

Breakfast _____

Lunch _____

Dinner _____

Other _____

*How are you feeling?**Did you experience any physical effects?**Are you doing any other purification techniques?**Exercise:*

Daily Intake Journal

Day 9 *Keep up the good work!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 10

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 11 *You can add protein today.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 12

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 13

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 14 *You're on your way – week 2 is over.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 15

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 16

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 17 *You're right on track. Only 4 days left.*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 18

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 19

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Day 20

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

Daily Intake Journal

Day 21 *Congratulations! You've made it through the program!*

What did you eat today?

Breakfast _____

Lunch _____

Dinner _____

Other _____

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

You've successfully made it through the purification program.

Now you're ready for the next step—maintaining your health and supporting your weight management goals. You've worked hard to follow a healthy meal plan, exercise, and take whole food supplements. Ask your health care professional how you can continue on the road to maintaining a healthy body, mind, and spirit through our post-purification program.



Standard Process Purification Protocol

Days 1-7

Supplement	Amount	Frequency	Comments
SP Cleanse®	7 Capsules	3x/day	
SP Complete® or SP Complete® Dairy Free	1 Shake	2-3/day	
Gastro-Fiber® or Whole Food Fiber	3 Capsules	3x/day	
	1 Tbs. Per SP Complete Shake	2-3/day	

Days 8-21

Supplement	Amount	Frequency	Comments
SP Green Food®	5 Capsules	2x/day	
SP Complete® or SP Complete® Dairy Free	1 Shake	2-3/day	
Gastro-Fiber® or Whole Food Fiber	3 Capsules	3x/day	
	1 Tbs. Per SP Complete Shake	2-3/day	

Additional Supplementation

Supplement	Amount	Frequency	Comments
Whey Pro Complete			
Tuna Omega-3 Oil			
Gymnema 4g <small>from MediHerb®</small>			
ProSynbiotic			
Linum B ₆			

SP Complete and Whey Pro Complete are also available in convenient single-serving packets.

Fruit

Fresh or frozen only, organic if possible.

- | | |
|--|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Apricots, raw | <input type="checkbox"/> Loganberries |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Bananas
<small>(for shakes only)</small> | <input type="checkbox"/> Mulberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Papayas |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Pineapple
<small>(for shakes only)</small> |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Pomegranates |
| <input type="checkbox"/> Guavas | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Honeydew
melon | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Kiwis | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Kumquats | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Tomatoes |

Lean Protein Sources (days 11-21)

Note: Select organic, free-range, antibiotic-free, and hormone-free protein sources if possible—no cured, smoked, or luncheon meats

- | | |
|----------------------------------|-------------------------------|
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Fish |
|----------------------------------|-------------------------------|

Oils

- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Fish oil
- ☐ Flaxseed oil (Keep refrigerated, do not heat)
- ☐ Grape seed oil

Other

- ☐ Fresh herbs, spices, and accents

Shopping List

Vegetables

Purchase twice as many veggies as fruit—fresh or frozen only, organic if possible.

- | | |
|--|--|
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Kohlrabies |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce (red and green) |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bean sprouts | <input type="checkbox"/> Mustard greens |
| <input type="checkbox"/> Beet greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Beets, red | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Oyster plant |
| <input type="checkbox"/> Broccoli or
brocciflower | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Brussels
sprouts | <input type="checkbox"/> Peppers (any color) |
| <input type="checkbox"/> Cabbage (all types) | <input type="checkbox"/> Pimentos |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Squash
(acorn, butternut, spaghetti) |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> String beans |
| <input type="checkbox"/> Dandelion greens | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Swiss chard |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Yams |
| | <input type="checkbox"/> Zucchini |

Lentils | Wild/Brown Rice

- ☐ Lentils
- ☐ Brown rice
- ☐ Wild rice

Beverages

- ☐ Spring water



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