

# Ideal Dispensary

Central Nervous System Support  
Advanced Nutrition Therapy

# Changing Lives With Nutrition

Standard Process focuses  
on achieving wholistic  
health through nutrition.

From our certified organic, regenerative  
farming practices to our Nutrition Innovation  
Center, we are committed to clinical science  
that advances health and changes lives.





## It Starts With Soil

On our 623-acre, certified organic farm, we use regenerative farming practices to cultivate nutrient-dense soil as nature intended.

## Whole Food-Based Ingredients

The whole food plant ingredients grown in our organic soil are rich in phytonutrients. More than 80% of all raw plant ingredients that go into our products come directly from our farm, traveling less than a mile to our manufacturing facility.

## Manufactured With Care

Our freshly picked crops are processed often within a day using state-of-the-art technologies to maintain the naturally occurring nutrients in our plant ingredients.

## Committed to Clinical Science

We are dedicated to being at the forefront of driving clinical studies that advance patient care through whole food-based nutrition.





## Foundational Health

Health and Wellness

## Preventative Care

Active Health Management

## Condition-Specific Management

Specific System Support

## Advanced Nutrition Therapy

Bundled Care Support Regimen  
for Specific Health Systems

# Ideal Dispensary

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Our portfolio of clinical nutrition products is designed to complement your health care practice with a wide range of whole food-based nutritional supplements and herbal products. The Ideal Dispensary provides wellness support that meets the specific needs of your patients and their healthy lifestyle goals. From foundational health to advanced nutrition therapies, our systems approach focuses on holistic health through whole food nutrition.

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## Foundational Health

Health and Wellness

## Preventative Care

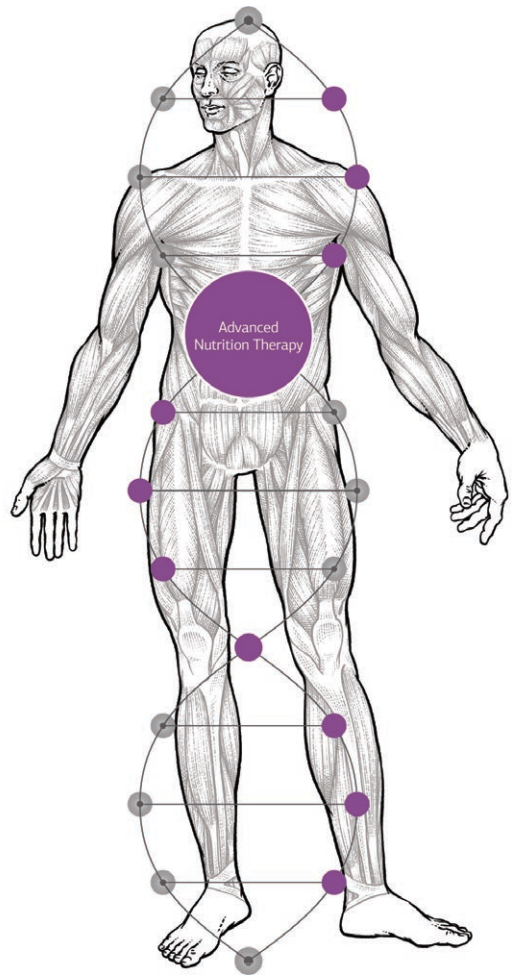
Active Health Management

## Condition-Specific Management

Specific System Support

## Advanced Nutrition Therapy

Bundled Care Support Regimen  
for Specific Health Systems



# Central Nervous System Support Products Include:

Whole food-based nutrition products to help address specific health issues requiring advanced nutrition insights.

## More and more consumers today have busy schedules and pressure-packed lifestyles.

Often, this can lead to less-than-ideal dietary choices and habits that often contribute to compromised health. For almost 60% of Americans, this increases the risk of chronic health issues. Many of these health issues have negative effects on the underlying key systems of the body that in turn often compromise our lifestyles and influence the trajectories of our health. When this happens, it is helpful to take a more detailed look at each system, using new and advanced insights from nutrition science to develop guidelines for effective nutrition therapies using whole food solutions.

Over the last 3 to 5 years, new publications from both epidemiological and intervention clinical studies have provided evidence that for the most important body systems, whole food nutrition can make an important difference. When each system is properly understood, it is then possible to develop a nutrition care regimen that can help stabilize the targeted system, improve its normal and healthy functionality and often improve a normal health trajectory. These important systems,


including immune, inflammatory response, central nervous system and digestive health, to name a few, have all been linked to and shown to be influenced by specific nutritional uses. This guide provides an overview to not only product selection but also general therapeutic support for patient care.

The central nervous system (CNS) is a network matrix representing the body's activation circuit by sending out appropriate and balanced signals that help the body respond. These signals can stimulate the neuromuscular system and all major body systems, helping us to regulate normal and daily function. It also helps manage cognitive response, healthy and normal immune responses, stress and even mood levels. While the system balances both voluntary and involuntary reactions, it requires important nutrients to keep it healthy and functional.<sup>1,2</sup>

<sup>1</sup>Koop, L.K. and P. Tadi, *Neuroanatomy, Sensory Nerves*, in *StatPearls*. 2019, StatPearls Publishing, StatPearls Publishing LLC.: Treasure Island (FL).

<sup>2</sup> Morley, J.E., *Cognition and nutrition*. *Current Opinion in Clinical Nutrition & Metabolic Care*, 2014. **17**(1): p. 1-4.





The products that follow in this book offer a group of whole-food based nutritional and herbal solutions supportive for normal and functional capacity of the network of nervous system activity and responsiveness.



## Cataplex® B<sub>12</sub>

**Cataplex B<sub>12</sub> supports blood health and general well-being.\***

- Promotes and supports blood production
- Maintains healthy blood
- Supports folic acid metabolism and homocysteine management
- Supports healthy development of red blood cells
- Essential for normal myelin synthesis and central nervous system function\*

**Suggested use:** One tablet per day, or as directed.





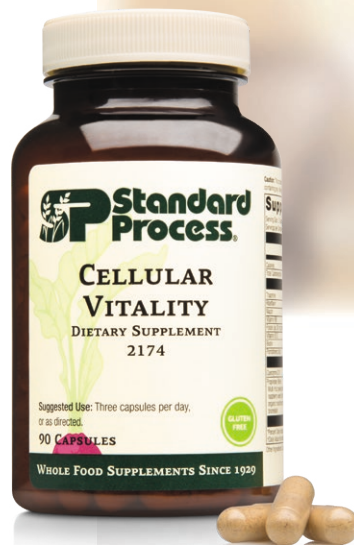
## Cellular Vitality

**Cellular Vitality supports the body as a whole, with specific emphasis on cellular processes.\***

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body's natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q<sub>10</sub>, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains *Cordyceps sinensis*, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within normal range
- Contains ribonucleic acid (RNA), compounds that can be broken apart as cells to create energy or manufacture protein\*

**Suggested use:** Three capsules per day, or as directed.

\* 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.



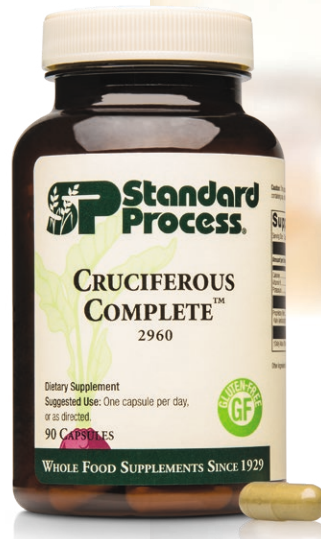


## Cruciferous Complete™

### **Cruciferous Complete supports cellular health.\***

- Supports healthy liver function
- Provides ingredients with antioxidant activity
- Vitamin K supports calcium absorption, blood clotting, and healthy liver function
- Our research shows some compounds in kale and Brussels sprouts promote the liver's natural phase one and two detoxification processes in cell and animal models\*

**Suggested use:** One capsule per day, or as directed.





## E-Z Mg™

**E-Z Mg is a plant-based, multiform magnesium (Mg) developed to support patients with inadequate dietary magnesium intake. Made from two key ingredients: Swiss chard (beet leaf) and buckwheat – both grown on our sustainable and certified organic farm in Wisconsin.**

- Plant-based, naturally occurring multiform of magnesium
- Helps to bridge the gap in dietary magnesium intake\*
- May promote whole-body and urine alkalization\*
- Rich source of vitamin K1

**Suggested use:** One stick pack per day, or as directed. Add stick pack into 8 ounces of water and mix thoroughly for 10 to 15 seconds.

**Warning:** This product contains naturally occurring Vitamin K1. All forms of vitamin K may interact with blood-thinning medications. If you are taking such medicines, please consult with your health care professional before taking this product. If you have been directed to eat a diet low in oxalates (found in leafy green vegetables), please consult with your health care professional before taking this product. If you are pregnant or lactating, please consult with your health care professional before taking this product.

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## Neuroplex®

**Neuroplex combines synergistic ingredients to support the nervous and endocrine systems.\***

- Supports the nervous system
- Supports cognitive functioning
- Contains a broad spectrum of vitamins, minerals, and complementary tissues to support endocrine organ function\*

**Suggested use:** Two capsules per day, or as directed.



**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



## Neurotrophin PMG®

**Neurotrophin PMG is a Protomorphogen™ extract formula that supports healthy central nervous system function.\***

- Provides a unique profile of minerals, nucleotides, and peptides\*

**Suggested use:** One tablet per meal, or as directed.



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## Olprima™ DHA

**Olprima DHA provides condition-specific support through a high concentration of the omega-3, DHA. Olprima DHA supports cardiovascular and brain health while supporting the body's healthy inflammatory response.\***

- Supports healthy triglyceride and HDL^
- Supports healthy inflammatory processes
- Supports cardiovascular function^
- Supports general brain health and cognition\*

**Suggested use:** Two softgels per day, or as directed.



**Special instructions:** Store in a cool, dark place.



## OPC Synergy®

**OPC Synergy provides a synergistic blend that supports antioxidant activity and cell functioning.\***

- Provides nutrients that support antioxidant activity
- Supports and maintains normal cell function
- Helps maintain normal cognitive function
- Traditionally used in support of eye health
- Supports the complex processes associated with aging
- Supports a healthy cardiovascular system
- Maintains capillary integrity\*

**Suggested use:** One capsule per day, or as directed.



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## ProSynbiotic

**ProSynbiotic is a synergistic blend of four research-supported probiotic strains and two prebiotic fibers to support gut flora and overall intestinal health\***

- Contains research-supported strains of lactic acid bacteria (*Lactobacillus* and *Bifidobacterium*), and *Saccharomyces cerevisiae* var. *boulardii*
- Contains inulin and galactooligosaccharide (nondigestible carbohydrates), both of which are used by probiotic bacteria as food
- Useful in maintaining a healthy gut microbial environment
- Helps support the body's natural absorption of calcium and magnesium
- Improves nutrient digestion and absorption
- Supports normal bowel regularity and consistency
- Supports the body's natural immune system response function\*

**Suggested use:** Three capsules per day, or as directed.

**Special Instructions:** Store in a cool, dry place. Although research varies, our strains seem to work best when taken after a meal.





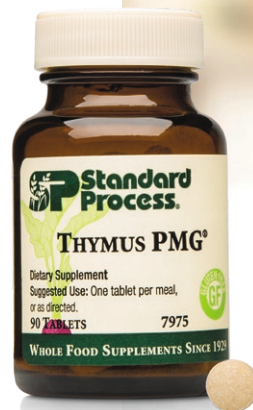


## Thymus PMG®

**Thymus PMG is designed to support healthy thymus function.\***

- Provides a unique profile of minerals, nucleotides, and peptides\*

**Suggested use:** One tablet per meal, or as directed.



\* 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.



## Tuna Omega-3 Oil or Tuna Omega-3 Chewable

**Tuna Omega-3 oils help bridge the gap in dietary omega-3 intake and support the body's natural inflammatory response function as it relates to periodic challenges like consumption of high-fat meal or strenuous activity.\* Tuna Omega-3 oils contain a non-concentrated, natural profile of tuna oil that is rigorously tested to be below regulatory standards for contaminants and toxins.**

Along with supporting general health, they also:

- Support cognition
- Support skin and hair health
- Support emotional balance
- Contain DHA, which is important for proper fetal eye and brain development\*

**Suggested use:** Two softgels twice per day with meals, or as directed.

**Special Instructions:** Store in a cool, dry place.

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## MediHerb® Bacopa Complex

**Bacopa Complex combines the herbs Bacopa, Schisandra, Eleuthero and the essential oil of Rosemary. These herbs contribute key phytochemicals to the blend such as dammarane saponins, other saponins, flavonoids, sterols, dibenzocyclooctene lignans, a diverse group of constituents called eleutherosides, monoterpenes and sesquiterpenes. This tablet contains two herbs with standardized levels of key phytochemicals to ensure optimal strength and quality. The Bacopa component is standardized to contain 37.5 mg of bacosides (a saponin mixture) per tablet, and the Eleuthero component contains 400 mcg of syringaresinol diglucosides per tablet. The herbs contained in this formulation have been traditionally used to:**

- Enhance mental clarity and support healthy cognitive function
- Support normal memory function
- Support physical endurance during times of mild fatigue/weakness
- Ease the effects of temporary and occasional stress
- As a brain tonic, support healthy memory and concentration\*

**Suggested use:** One tablet three to four times daily, or as directed.



**Caution:** Contraindicated in pregnancy. Contraindicated during lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.

## MediHerb® Ginkgo Forte

**Ginkgo Forte contains flavonoids, terpene lactones (including ginkgolides and bilobalide) and other phytochemicals. This product is standardized to contain 14.4 mg of ginkgo flavonglycosides (ginkgo flavone glycosides) and 3.6 mg of ginkgolides and bilobalide per tablet to ensure optimal strength and quality. The compounds in Ginkgo Forte work together to:**

- Support memory and cognition
- Promote alertness and mental clarity
- Help support healthy mental function
- Support good health in older adults
- Support and encourage healthy blood circulation
- Provide antioxidant activity to support healthy cell function\*

**Suggested use:** One tablet one to four times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.



\* 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.

# Appendix



## Cataplex® B12

Supplement Facts	
Serving Size: 1 Tablet Servings per Container: 90	
Amount per Serving	%DV
Calories..... 2	
Vitamin B12..... 6 mcg.....	100%
Proprietary Blend..... 360 mg	
Bovine liver†, carrot (root)†, sweet potato†, calcium lactate, porcine stomach parenchyma†, bovine spleen†, ovine spleen†, bovine adrenal Cytosol™ extract†, oat flour†, and ascorbic acid.	
†Daily Value (DV) not established.	

Other Ingredients: Cellulose, honey, dicalcium phosphate, and cyanocobalamin.

## Cellular Vitality

Supplement Facts	
Serving Size: 3 Capsules Servings per Container: 30	
Amount per Serving	%Daily Value
Calories..... 10	<1%*
Total Carbohydrate..... 1 g	
Thiamine..... 0.2 mg.....	15%
Riboflavin..... 0.3 mg.....	25%
Niacin..... 3 mg.....	20%
Vitamin B6..... 0.5 mg.....	20%
Folate (as 30 mcg folic acid)..... 20 mcg DFE.....	4%
Vitamin B12..... 0.5 mcg.....	20%
Biotin..... 10 mcg.....	35%
Pantothenic Acid..... 1 mg.....	20%
Coenzyme Q10..... 80 mg.....	†
Proprietary Blend..... 880 mg	
Multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, black raspberry seed, and pomegranate seed), ribonucleic acid, organic mushroom powder (Cordyceps sinensis), American ginseng (root), and bromelain.	
*Percent Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	
Other Ingredients: Organic quinoa sprouts, cellulose, calcium stearate, and water.	

## Cruciferous Complete™

Supplement Facts	
Serving Size: 1 Capsule Servings per Container: 90	
Amount per Serving	%Daily Value
Vitamin K1..... 4 mcg.....	3%
Potassium..... 10 mg.....	<1%
Proprietary Blend..... 500 mg.....	†
Organic kale (aerial parts) and organic brussels sprouts (aerial parts).	
†Daily Value not established.	
Other Ingredients: Gelatin, water, and calcium stearate.	

## E-Z Mg™

Supplement Facts	
Serving Size: 1 stick pack Servings per Container: 30	
Amount per Serving	%Daily Value
Calories..... 20	
Total Carbohydrate..... 4 g.....	1%*
Dietary Fiber..... 1 g.....	4%*
Total Sugars..... <1 g.....	†
Vitamin K1..... 60 mcg.....	50%
Calcium..... 20 mg.....	2%
Phosphorus..... 30 mg.....	2%
Magnesium..... 85 mg.....	20%
Sodium..... 50 mg.....	2%
Potassium..... 350 mg.....	8%
Proprietary Blend..... 6 g.....	†
Organic dried swiss chard (beet leaf) juice and organic dried buckwheat (aerial parts) juice.	
*Percent Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	
Other Ingredients: Organic rice (hull) concentrate, natural flavor, and monk fruit extract.	

## Neuroplex®

### Supplement Facts

Serving Size: 2 Capsules  
Servings per Container: 45

Amount per Serving	%Daily Value
Cholesterol	<5 mg <2%
Thiamine	0.9 mg 80%
Riboflavin	0.9 mg 70%
Niacin	40 mg 250%
Vitamin B6	8.9 mg 520%
Iron	8 mg 45%
Zinc	16 mg 150%
Copper	0.3 mg 35%

Proprietary Blend 655 mg †  
Spermin mols (Mendocino), bovine orotic Cytosol™ extract, porcine brain PMG™ extract, bovine spleen, ovine spleen, defatted wheat (germ), bovine hypothalamus, bovine anterior pituitary, bovine liver, calcium lactate, para-aminobenzoate, porcine brain, bovine pituitary PMG™ extract, and ascorbic acid.

† Daily Value not established.

Other Ingredients: Gelatin, zinc, rice chelate, iron, rice chelate, niacinamide, water, pyridoxine hydrochloride, copper, rice chelate, calcium stearate, thiamine hydrochloride, and riboflavin.

## Neurotrophin PMG®

### Supplement Facts

Serving Size: 1 Tablet Servings per Container: 90

Amount per Serving	%DV
Calories	1
Cholesterol	10 mg 3%
Calcium	10 mg 1%

Proprietary Blend 200 mg  
Porcine brain PMG™ extract† and magnesium citrate.

† Daily Value (DV) not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

## Olprima™ DHA

### Supplement Facts

Serving Size: 2 Softgels  
Servings per Container: 30

Amount per Serving	%Daily Value
Calories	15
Total Fat	1 g <2%*
Cholesterol	10 mg 3%
Fish Oil Concentrate (from Tuna)	1220 mg †
Total Omega-3	800 mg †
DHA	670 mg †
EPA	75 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

## OPC Synergy®

### Supplement Facts

Serving Size: 1 Capsule Servings per Container: 40

Amount per Serving	%DV
Calories	1.5
Proprietary Blend	410 mg
Dried buckwheat (leaf) and juice†, green tea (leaf) powder†, carrot (root)†, grape seed extract (Masquelier's® Original OPC included)†, red wine extract†, green tea (leaves) extract†, and bilberry (fruit) extract†.	

† Daily Value (DV) not established.

Other Ingredients: Gelatin, water, maltodextrin, and calcium stearate.

MASQUELIER'S® OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands.

## ProSynbiotic

Supplement Facts	
Serving Size: 3 Capsules	Servings per Container: 30
Amount per Serving	%DV
Calories..... 8	
Total Carbohydrate..... 1.8 g.....	<1%*
Proprietary Blend..... 1,700 mg.....	†
Inulin†, galactooligosaccharide (GOS) (milk)†, and probiotic blend ( <i>S. boulardii</i> , <i>L. acidophilus</i> , LA-5®, <i>L. paracasei</i> , <i>L. casei</i> 431®, and <i>Bifidobacterium</i> , BB-12®) (4 billion cfu)†.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
†Daily Value not established.	

Other Ingredients: Maltodextrin, gelatin, water, calcium stearate, and sorbitan monostearate.

## Thymus PMG®

Supplement Facts	
Serving Size: 1 Tablet	Servings per Container: 90
Amount per Serving	%DV
Calories..... 1	
Calcium..... 18 mg.....	2%
Sodium..... 22 mg.....	<1%
Proprietary Blend..... 215 mg	
Bovine thymus PMG™ extract† and magnesium citrate.	
†Daily Value (DV) not established.	

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

## Tuna Omega-3 Oil

Supplement Facts	
Serving Size: 2 Softgels	Servings per Container: 60
Amount per Serving	%Daily Value
Calories..... 10	
Total Fat..... 1 g.....	1%
Cholesterol..... 5 mg.....	2%
Tuna Oil..... 1,330 mg.....	†
DHA..... 300 mg.....	†
EPA..... 60 mg.....	†
*Percent Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	

Other Ingredients: Gelatin, glycerine, water, and d-alpha tocopherol (vitamin E isoy).

## Tuna Omega-3 Chewable

Supplement Facts	
Serving Size: 2 Softgels	Servings per Container: 60
Amount per Serving	%Daily Value
Calories..... 10	
Total Fat..... 1 g.....	1%
Cholesterol..... 5 mg.....	2%
Vitamin D..... 2.5 mcg.....	13%
Vitamin E..... 3.3 mg.....	22%
Tuna Oil..... 1,080 mg.....	†
DHA..... 240 mg.....	†
EPA..... 50 mg.....	†
*Percent Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	
Other Ingredients: Gelatin, glycerine, water, d-alpha tocopherol (vitamin E sunflower and soy), natural flavor, and cholecalciferol.	

## MediHerb® Bacopa Complex

Supplement Facts	
Serving Size: 1 Tablet	Servings per Container: 40
Amount per Serving	%DV
Calcium..... 110 mg.....	8%
Schisandra fruit 6:1 extract from <i>Schisandra chinensis</i> fruit 660 mg	110 mg †
Bacopa herb 50:1 extract from <i>Bacopa monnieri</i> herb 3.75 g Containing bacosides as bacoside A 37.5 mg	75 mg †
Eleuthero root 10:1 extract from <i>Eleutherococcus senticosus</i> root 500 mg Containing syringaresinol diglucosides 400 mcg	50 mg †
Rosemary ( <i>Rosmarinus officinalis</i> ) leaf essential oil	10 mg †
†Daily Value (DV) not established.	

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose, magnesium stearate and maltodextrin.

MediHerb®  
Ginkgo Forte

Supplement Facts		
Serving Size: 1 Tablet		
Servings per Container: 60		
Amount per Serving		%DV
Calcium	72 mg	6%
Ginkgo leaf 50:1 extract	60 mg	†
from <i>Ginkgo biloba</i> leaf 3.0 g		
Containing ginkgo flavonglycosides 14.4 mg		
Containing ginkgolides & bilobalide 3.6 mg		
†Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, magnesium stearate and hypromellose.

# NOTES

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## CHANGING LIVES

with wholistic nutrition from  
practitioner to patient

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