

SP Complete®, SP Complete® Dairy-Free, SP Complete® Chocolate, SP Complete® Vanilla



FOUNDATIONAL HEALTH



SP Complete:

- Offers essential whole food nutrition in a convenient powder*
- Supports intestinal, muscular, and immune health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium*



Synergy of Protein and Plants

SP Complete provides essential minerals including calcium, iron, magnesium, potassium, and sodium, as well as choline and inositol. SP Complete contains high-quality protein in a matrix of organic plant extracts (many of which are grown on the Standard Process certified organic farm), grape extract, and micronutrients. The product's blend of protein (whey and/or rice protein) and plants is easily incorporated into a balanced diet to act as foundational support for a healthy body.

Protein Needs

The body uses protein to support many important functions: muscular function, cellular function, gut health, hair, skin, nails, satiety and normal toxin elimination.¹⁻⁴ Adequate dietary protein is critical to ensure optimal health throughout the lifespan.

NOTES

DOSAGE AM

Protein Needs (cont.)

Individuals who are aging, athletes, or patients who have other health conditions may not consume enough protein. The 2005-2014 NHANES data (n=11,680) found that close to 50 percent of adults over the age of 51 years old were not meeting the recommended 0.8 g of protein/kg of body weight/daily.⁵

FIGURE 1.

Protein Recommendations for Various Populations



- **Athletes:**
1.2 to 2.0 g/kg of body weight⁶
- **Support the Normal Aging Process:**
1.0 to 1.6 g/kg of body weight⁷
- **Healthy Adults RDA:**
0.8 g/kg of body weight⁸

Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	100	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	<1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	30 mg	1%
Potassium	130 mg	3%

Proprietary Blend 25 g
Whey protein (milk), organic flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, organic carrot, and red wine extract.

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

Other Ingredients: Choline bitartrate.
Includes Masquelier's® OPC-85 grape seed extract.

Please consult the actual product label for the most accurate product information

Available Size:

- SP Complete 27-Ounce Container

See standardprocess.com for supplement facts of other SP Complete flavors

PM

*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.

Standard Process products labeled as Gluten-Free have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. Standard Process products labeled as Vegetarian are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or sh oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.

SP Complete®, SP Complete® Dairy-Free, SP Complete® Chocolate, SP Complete® Vanilla



FOUNDATIONAL HEALTH

Includes a Whole Food Matrix

Flaxseed⁹

Flaxseed meal provides both beneficial fats and fiber. Flax is rich in alpha-linolenic acid (ALA): a plant-based omega-3 fatty acid that is a parent fatty acid to docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Flaxseed supports healthy bowel movement and elimination.

Cruciferous vegetables^{10,11}

Research from Standard Process shows some compounds in kale and Brussels sprouts promote the liver's natural

phase one and two detoxification processes in cell and animal models.

Buckwheat^{12,13}

Buckwheat contains phytoactives such as rutin, quercetin, cyanidin, and others that promote antioxidant activity.

Grape seed extract¹⁴

SP Complete contains grape seed extracts, including Masquelier's® OPC-85, which is a well-researched phytonutrient that supports antioxidant activity.


Ingredients Grown on the Standard Process Certified Organic Farm				
Product	SP Complete®	SP Complete® Dairy Free	SP Complete® Chocolate	SP Complete® Vanilla
Protein Source	Whey and Rice	Rice	Whey and Rice	Whey and Rice
Protein	10 g	13 g	10 g	10 g
Calories	100	110	120	120
Fiber	3 g	4 g	4 g	4 g
Calcium	200 mg	200 mg	200 mg	200 mg
Sugars	<1 g	<1 g	1 g	1 g
Iron	0.5 mg	0.5 mg	2 mg	0.5 mg
Serving Size	2 Rounded Tablespoons (scoops)	2 Rounded Tablespoons (scoops)	4 Rounded Tablespoons (scoops)	4 Rounded Tablespoons (scoops)
Servings per Container	30	30	23	23

FIGURE 2. SP Complete is available in four formula options.

REFERENCES

1. Carbone, J. W., & Pasiakos, S. M. (2019). Dietary Protein and Muscle Mass: Translating Science to Application and Health Benefit. *Nutrients*, 11(5), 1136. doi:10.3390/nu11051136
2. Paddon-Jones, Douglas, et al. "Protein, Weight Management, and Satiety." *The American Journal of Clinical Nutrition*, vol. 87, no. 5, 2008, doi:10.1093/ajcn/87.5.1558s.
3. Hodges, R. E., & Minich, D. M. (2015). Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application. *Journal of nutrition and metabolism*, 2015, 760689. doi:10.1155/2015/760689
4. Gropper, Sareen Annora Stepnick, et al. *Advanced Nutrition and Human Metabolism*. Cengage Learning, 2018.
5. Krok-Schoen, J. L., et al. "Low Dietary Protein Intakes and Associated Dietary Patterns and Functional Limitations in an Aging Population: A NHANES Analysis." *The Journal of Nutrition, Health & Aging*, vol. 23, no. 4, 2019, pp. 338-347. doi:10.1007/s12603-019-1174-1.
6. Campbell B, Kreider R, Ziegenfuss T, et al. International Society of Sports Nutrition Position Stand: Protein and Exercise. *J Intl Soc Sports Nutr*. 2007; 4:8.
7. Academy of Nutrition and Dietetics. 2012. Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness. *J Acad Nutr Diet*. 2012; 112: 1255-1277.
8. Institute of Medicine. 2006. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: The National Academies Press. https://doi.org/10.17226/11553.
9. Kajla, P, Sharma, A., & Sood, D. R. (2015). Flaxseed-a potential functional food source. *Journal of food science and technology*. 52(4), 1857-1871. doi:10.1007/s13197-014-1293-y
10. Robbins, M. G., Andersen, G., Somoza, V., Eshelman, B. D., Barnes, D. M., & Hanlon, P. R. (2011). Heat Treatment of Brussels Sprouts Retains Their Ability to Induce Detoxification Enzyme Expression In Vitro and In Vivo. *Journal of Food Science*, 76(3). doi:10.1111/j.1750-3841.2011.02105.x
11. Robbins, M. G., Hauder, J., Somoza, V., Eshelman, B. D., Barnes, D. M., & Hanlon, P. R. (2010). Induction of Detoxification Enzymes by Feeding Unblanched Brussels Sprouts Containing Active Myrosinase to Mice for 2 Wk. *Journal of Food Science*, 75(6). doi:10.1111/j.1750-3841.2010.01713.x
12. Data on File. Project Green Thumb. 2018 13. Al-Snafi AE. A review on Fagopyrum esculentum: a potential medicinal plant. *IOSR Journal of Pharmacy*. March 2017. 7
13. Al-Snafi AE. A review on Fagopyrum esculentum: a potential medicinal plant. *IOSR Journal of Pharmacy*. March 2017. 7
14. Weseler, A. R., & Bast, A. (2017). Masquelier's grape seed extract: from basic flavonoid research to a well-characterized food supplement with health benefits. *Nutrition journal*, 16(1), 5. doi:10.1186/s12937-016-0218-1

More than
80%
of the raw plant ingredients used in our products are grown on our organic and sustainable farm

Freshly picked crops
are often processed within a day to maintain vital nutrients

We harvest more than
6.5M
pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.