

Sign up at standardprocess.com/challenge to join the nationwide community

As a member, you will receive:

- Daily inspirational emails
- Access to Facebook groups: share progress, recipes, encouragement, and much more



Three Lucky Participants Will Also Win Prizes!*

For your chance to win, complete the challenge then tell us how the detoxification or purification program impacted your life.

Grand Prize: \$400 HelloFresh gift card

Second Place Prize: \$200 HelloFresh gift card

Third Place Prize: \$100 HelloFresh gift card



HelloFresh is a world-leading meal kit company that takes the stress out of mealtime by delivering step-by-step recipes and pre-measured ingredients to your door.

*Visit standardprocess.com/challenge for official contest rules.

THE STANDARD PROCESS DIFFERENCE

Changing Lives With Nutrition

Standard Process:

- Is committed to changing lives with a whole food philosophy
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Partners with health care professionals
- Has been trusted for generations, with products that have been transforming lives since 1929

At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.



standardprocess.com



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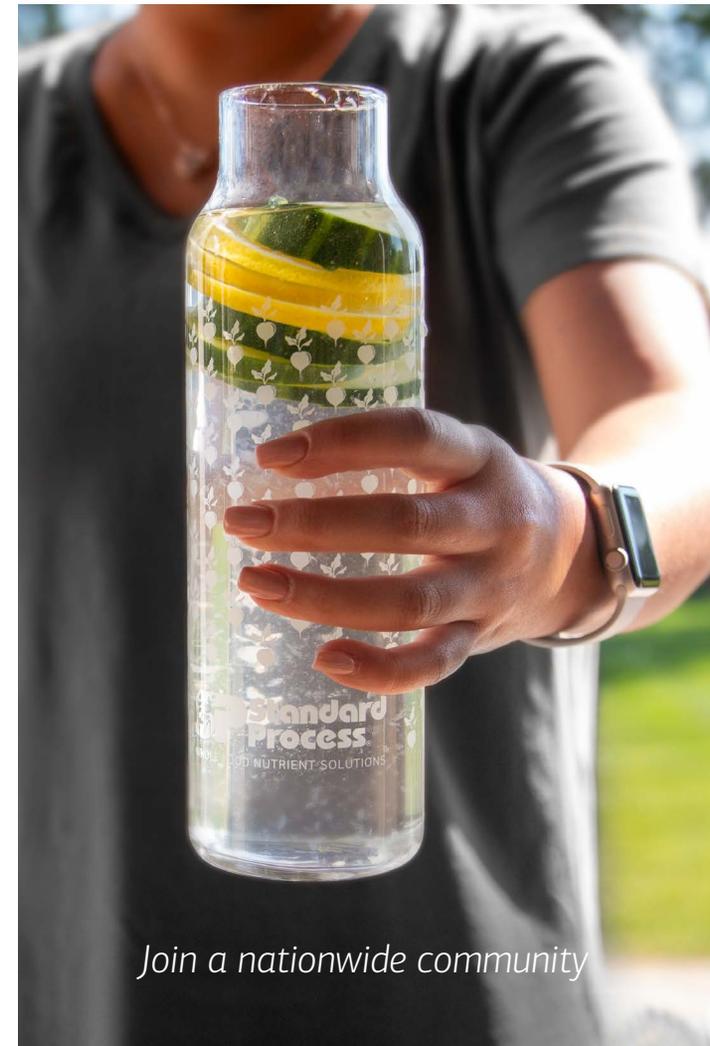
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High-quality ingredients that work the way nature intended

A New You Starts Now

2022 Detox and Purification Challenge



Join a nationwide community

Start the New Year with positive, lasting changes

Are you experiencing:

- Fatigue?
- Difficulty sleeping?
- Indigestion?
- Food cravings and weight gain?
- Reduced mental clarity?
- Low libido?
- Skin issues?
- Joint discomfort?

Toxins may be to blame!



These days, many of us are thinking of our health in new ways. That's why Standard Process is starting 2022 with the **SP Detox and Purification Challenge** — an exciting, inspiring way to kickstart healthy habits. You'll choose between two programs that support your body's natural ability to metabolize and expel toxins, which is important to maintaining your health and vitality.*

Each program is combined with meal guidance full of whole food recipes and whole food-based supplements designed to promote metabolic detoxification.

Join others from around the nation. The challenge begins on **January 3, 2022.**

*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.

VEGAN Standard Process products labeled as Vegan are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

V Standard Process products labeled as Vegetarian are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin.

GF 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.

Includes ingredients grown on the Standard Process certified organic farm

Talk to your health care professional to determine which program is right for you.

SP Detox Balance™ Program

- 28-day program
- Balanced, safe, and effective nutritional support for all three phases of detoxification*
- Tasty, all-in-one shake available in Chai and No-Added-Flavor options (depending on the day, you will drink one, two, or three nutrient-packed SP Detox Balance™ shakes)
- Includes basic meal, hydration, and exercise guidance



Purification Program

- 21-day program
- Purify, nourish, and maintain a healthy body and weight*
- Includes a variety of supplements taken daily, including a nutritional shake that offers essential whole food nutrition — available in original, dairy-free, chocolate, or vanilla
- Meal guidance provided that includes a variety of vegetables and fruits for the first 10 days, with select proteins added on day 11

