



SP® Power Mix

7500 14 oz



GENERAL
WELLNESS

- Provides ingredients derived from a variety of fruits and vegetables
- Supports the immune system*
- Provides ingredients with antioxidant activity
- Contains a blend of superfood-based ingredients — several of which are grown on the Standard Process certified organic farm
- Contains nutrients in a whole food-based matrix

Warning: Not to be used if pregnant or nursing unless otherwise directed by your health care professional. Keep out of reach of children.

Supplement Facts

Serving Size: 1 heaping scoop (13 g)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	50	
Total Fat	1 g	1%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	1 g	4%*
Total Sugars	5 g	†
Protein	1 g	
Vitamin C	20 mg	22%
Calcium	30 mg	2%
Iron	1 mg	6%
Zinc	2.2 mg	20%
Manganese	1.1 mg	48%
Molybdenum	5 mcg	11%
Sodium	30 mg	1%
Potassium	120 mg	3%
Proprietary Blend	1.2 g	†
Organic matcha powder, organic chia seed powder, organic blue spirulina extract, turmeric (root) extract, organic spirulina powder, organic cordyceps mushroom powder, and organic turkey tail mushroom powder.		
SP Farm Blend	1.1 g	†
Organic kalette powder, organic alfalfa (aerial parts) juice powder, organic barley grass, organic Brussels sprouts, organic buckwheat juice powder, organic kale powder, organic kidney bean juice powder, organic pea vine juice powder, organic swiss chard, organic turnip greens, and organic beet (root).		
SP Fruit and Vegetable Blend	6.5 g	†
Peach powder, apple powder, organic pineapple powder, strawberry juice powder, raspberry powder, kiwi juice powder, organic carrot, organic sweet potato, organic spinach powder, and organic elderberry powder.		
SP Protein Blend	2.2 g	†
Organic pea protein, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, L-leucine, L-isoleucine, L-valine, and DL-methionine.		
Fermented Food Blend	0.5 g	†
White grape juice, brown rice syrup, carrot fiber powder, bamboo fiber, carrot, apple, daikon radish, cabbage, celery, cucumber, banana, onion, burdock, spinach, pear, orange peel, tomato, sweet pepper, bean sprout, eggplant, lotus rhizome, pumpkin, shiitake mushroom, ginger, lettuce, garlic, trefail, udo, asparagus, bamboo grass, clover, kombu, coltsfoot, dandelion, plantain, pea sprout, Japanese cedar, parsley, turnip, pineapple, grape, strawberry, knotweed, chive, Chinese cabbage, enokitake mushroom, leaf lettuce, garland chrysanthemum, mugwort, oriental celery, leek, todo fir, green perilla, and wakame.		
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

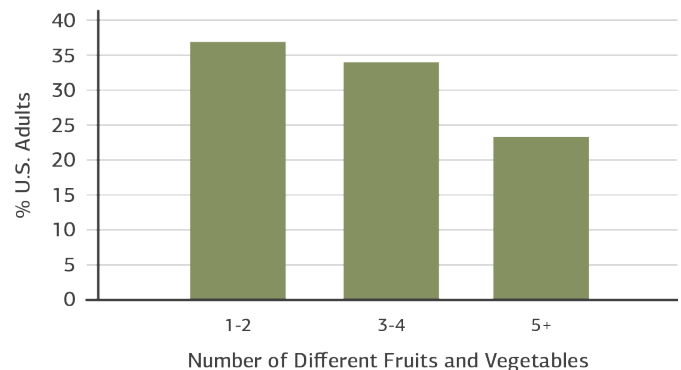
Other Ingredients: Rice syrup solids, organic acerola (berry), monk fruit extract, and zinc amino acid (rice) chelate.

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Fruits & Vegetables: Underconsumption and Risk of Nutrient Deficiency

In the United States, average fruit and vegetable intake falls far below the recommended amounts. Approximately 88 percent of U.S. adults fall short of consuming the recommended amount of daily fruit, while nearly 91 percent do not meet the recommendation for daily vegetable intake.^{1,2} In addition to not consuming enough healthy fruits and vegetables, Americans are also not eating an adequate variety of fruits and vegetables.³ Consuming a diversity of fruits and vegetables can provide a wide array of beneficial nutrients and phytonutrients, and has been associated with higher intakes of micronutrients and nutrient adequacy.^{1,4,5}

Suboptimal Consumption of Fruit and Vegetable Diversity Among U.S. Adults³



SP® Power Mix Provides a Blend of Super Food-Based Ingredients

SP® Power Mix provides ingredients derived from a wide variety of nutrient-dense fruits and vegetables found in their natural form: the whole food matrix.

- | | | | |
|--------------------|---------------|-------------|-----------------|
| • Acerola | • Buckwheat | • Matcha | • Spirulina |
| • Alfalfa | • Carrot | • Pea vine | • Sweet potato |
| • Apple | • Elderberry | • Peach | • Swiss chard |
| • Barley grass | • Kale | • Pineapple | • Turnip greens |
| • Beet | • Kalette | • Raspberry | |
| • Brussels sprouts | • Kidney bean | • Spinach | |

SP® Power Mix Includes Several Superfoods Grown on Our Certified Organic Farm



ALFALFA



BARLEY GRASS



BEET



BRUSSELS SPROUTS



BUCKWHEAT



KALE & KALETTE



PEA VINE



SWISS CHARD



TURNIP GREENS

Conventional farming practices contribute to many challenges facing the world, including loss of biodiversity.⁶ In contrast, regenerative farming aims to promote soil health and biodiversity while also producing nutrient-dense products.^{6,7} Regenerative farming practices are hallmarks of the Standard Process certified organic farm to help ensure healthier soil is passed onto future generations.

Supports the Immune System*

The immune system is critical in protecting the body and defending against pathogens and antigens. Together, innate and adaptive immune cells maintain immune system defenses.⁸ Nutrition plays an important role in supporting the immune system through multiple mechanisms:

ZINC is essential for proper functioning of the immune system, with a role in both innate and adaptive immune responses. This mineral is a cofactor for hundreds of enzymes in the body, including those involved in the immune response, supporting normal development and function of the innate immune system, and mediating proper functioning of the adaptive immune system. Proper functioning of the adaptive immune system includes T-cell activation, cytokine production, and antibody synthesis.⁹⁻¹³

VITAMIN C supports the innate immune system by contributing to protecting epithelial barriers and enhancing phagocytosis.¹⁴ It also supports the adaptive immune system by enhancing the differentiation and proliferation of both B- and T-lymphocytes.¹⁴

MANGANESE is important for the innate immune system, helping to regulate immune pathways and upregulating expression of proteins involved in the innate immune system.¹⁵

Ingredients with Antioxidant Activity

Reactive oxygen species (ROS) are a byproduct of normal cellular metabolism.¹⁶ At low levels, they are beneficial because they can influence cellular processes such as gene transcription and signal transduction pathways. At high concentrations, they can overwhelm the balanced system and disrupt healthy cellular processes.¹⁶ Antioxidants from the diet, along with endogenous antioxidants, can help keep ROS levels in balance. Vitamin C functions as an antioxidant in the body; zinc and manganese support antioxidant pathways.^{17,18}

SP® Power Mix is an excellent source of vitamin C, zinc, and manganese.

REFERENCES

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