

# SP<sup>®</sup> Power Mix

A Superfood Blend



Features ingredients from the Standard Process certified organic farm



# The Standard American Diet is Weak and Getting Weaker

Take patient nutrition to the next level with SP<sup>®</sup> Power Mix

As more and more Americans make calorie-dense and nutrient-poor nutrition choices,<sup>1</sup> even “healthy” options are failing to meet expectations. Fruits and vegetables are showing signs of decline with lower nutrient concentrations when compared to previous generations,<sup>2</sup> which is contributing to a high prevalence of micronutrient inadequacies among Americans.<sup>3</sup>

It's time for a strong nutritional choice that balances health and convenience. It's time for vital vitamins and minerals that come from vibrant fruits and vegetables. **It's time for SP<sup>®</sup> Power Mix.**

SP<sup>®</sup> Power Mix provides a blend of phytonutrient-rich fruits, vegetables, oats, and algae in a convenient powder. It contains nutrients, antioxidants, and phytoactives that are delivered through a diverse selection of fruits, vegetables, oats, and algae in order to support general health and well-being.

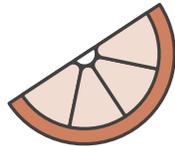


Consuming a variety of fruits and vegetables has also been associated with higher intakes of micronutrients<sup>7</sup> and nutrient adequacy.<sup>8</sup> Meeting recommendations for fruit and vegetable consumption has also been associated with higher phytonutrient intakes.<sup>9</sup>

## According to the 2020-2025 Dietary Guidelines for Americans:



The U.S. population's average intake of fruits and vegetables **falls far below the recommended amounts**<sup>4</sup>

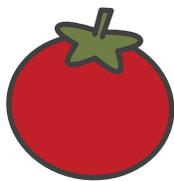


A meager estimate of **12.2% of U.S. adults** meet the daily fruit intake recommendation<sup>5</sup>



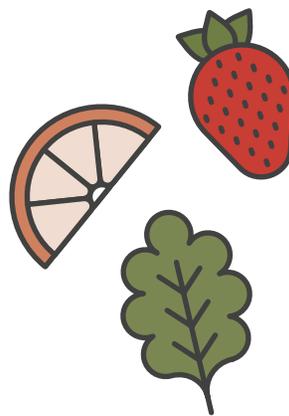
**Only 9.3% of U.S. adults** meet the daily vegetable intake recommendation<sup>5</sup>

Dietary guidelines encourage a variety of fruit and vegetable consumption<sup>4</sup>



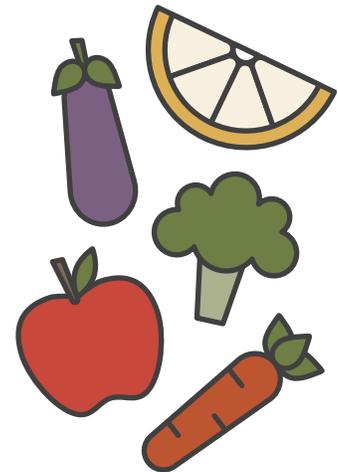
### 37%

of U.S. adults consume only 1-2 different fruits and vegetables a day<sup>6</sup>



### 34%

of U.S. adults consume 3-4 different fruits and vegetables a day<sup>6</sup>



### 23%

of U.S. adults consume 5 or more different varieties of fruits and vegetables per day<sup>6</sup>

SP<sup>®</sup> Power Mix also delivers vitamins and minerals to support the immune system\*

#### Zinc

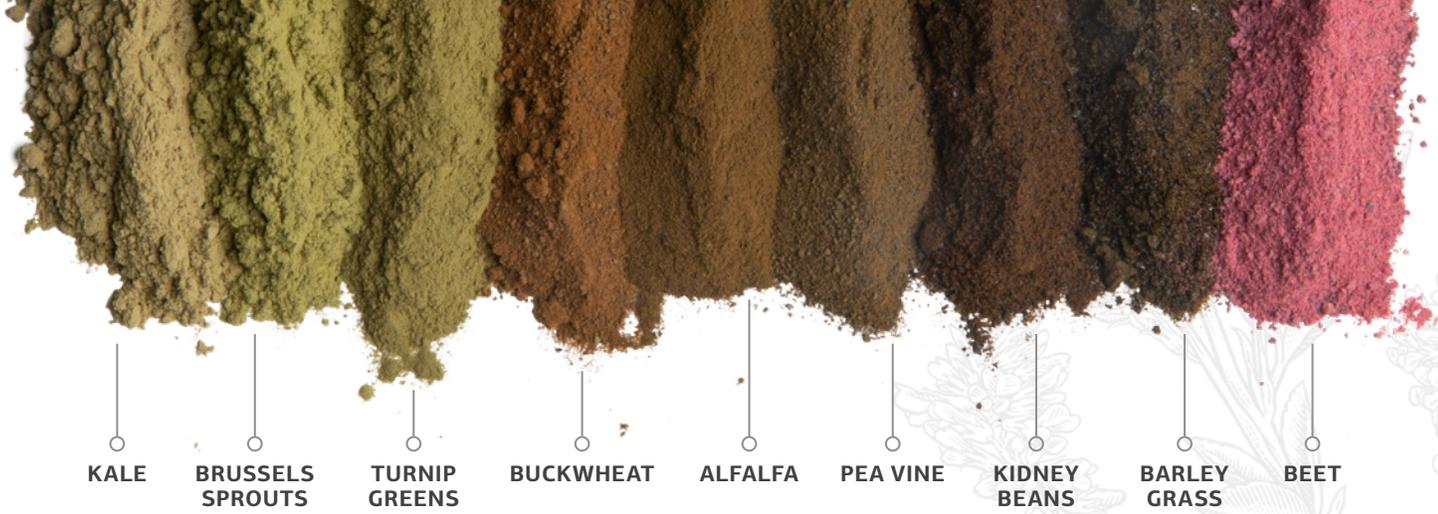
- Plays a role in both innate and adaptive immune responses<sup>10-14</sup>
- One serving of SP<sup>®</sup> Power Mix contains **2.2 mg (20% DV) of zinc**

#### Manganese

- Has been studied to be specifically involved in upregulating the expression of type 1 IFN: a protein of the innate immune system<sup>15</sup>
- One serving of SP<sup>®</sup> Power Mix contains **1.15 mg (50% DV) of manganese**

#### Vitamin C

- Functions to support immune system defense<sup>16</sup>
- One serving of SP<sup>®</sup> Power Mix contains **20 mg (22% DV) of vitamin C**



KALE BRUSSELS SPROUTS TURNIP GREENS BUCKWHEAT ALFALFA PEA VINE KIDNEY BEANS BARLEY GRASS BEET

## Strength in Numbers

SP® Power Mix incorporates **a variety of superfoods** grown on the Standard Process certified organic farm

**SP® Power Mix also includes:**

- Acerola
- Elderberry
- Pineapple
- Spirulina
- Apple
- Matcha
- Raspberry
- Sweet Potato
- Carrot
- Peach
- Spinach



### SP® Power Mix

**Suggested Use:** One heaping scoop in 8 ounces cold water, one serving (13 g) per day, or as directed.

- Provides ingredients derived from a variety of fruits and vegetables
- 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
- Supports the immune system\*
- Provides ingredients with antioxidant activity; Vitamin C is involved in the synthesis of collagen, which is important for healthy skin

\*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 Farms The Right Way

We go the extra acre on our certified organic farm

**Organic and regenerative farming methods are not the same on all farms.** From seed selection to technology that enhances our approach, the Standard Process certified organic farm is where we grow the great majority of our raw plant ingredients. They're hand-cultivated by farming professionals who are experts at their craft and help us take nutrition to a new level.

**It starts with the soil.** Growing nutrient-dense whole foods requires a real commitment to the soil – a commitment not everyone is willing to make. For decades, Standard Process has been dedicated to cultivating healthy soil that allows us to maximize the nutrient density in our products. This enables us to deliver ingredients as close to nature as possible.



American food travels an average of 1,500 to 2,500 miles from farm to table. **We harvest over 7 million pounds of our own food — annually — that travels 1.4 miles down the road to our production facility.**



# Together, We Can Change Lives

Changing lives is our passion and has been since our company's inception in 1929. This passion is what drove our founder, Dr. Royal Lee, to develop and pioneer the first whole food-based supplement on the market, the revolutionary Catalyn®.

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## At Standard Process:

We change lives with our whole food philosophy.

We grow ingredients on our certified organic farm in Wisconsin.

We're serious about quality.

We make products to support the health of the whole family.

We team-up with health care professionals.

We've been trusted for generations. Our products have been changing lives since 1929.

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