

# SP Complete®

## Offers Essential Whole Food Nutrition in a Convenient Powder

While the majority of our population has access to nutritious food, obesity is now recognized to be a serious health concern. Poor nutrition, coupled with a lack of exercise, contributes to this problem. Americans eat too many foods high in sugar, refined carbohydrates, and saturated fats and too few vegetables, fruits, and whole grains. A lack of essential nutrients can leave the body without the nutritional support that is vital to good health. Eating a well-balanced diet, including SP Complete shakes, and getting plenty of exercise are the best ways to give our bodies the support they need for proper functioning and a healthy weight. SP Complete offers a nutritious, well-balanced, vegetarian supplement to complement a healthy diet and lifestyle.<sup>†</sup>

### How SP Complete Keeps You Healthy

#### *Offers essential nutrients to support the proper functioning of many biological systems*

Whey protein provides a highly bioavailable and complete source of protein, which is an integral part of nearly every chemical reaction that takes place in the body. The amino acids in whey protein are important in preserving muscle mass, providing the body with energy, supporting immune function, and supporting mucosal regeneration to aid the gut in absorbing nutrients. Flaxseed is a rich source of alpha-linolenic acid, a biologic precursor to omega-3 fatty acids. As a good source of fiber, flaxseed promotes healthy gastrointestinal elimination. Alfalfa supports digestion as well as proper kidney function. Buckwheat has highly soluble protein and fiber content and a balanced amino-acid composition while being a good source of minerals. Next to oat flour, buckwheat flour has the highest protein content of any grain. Additionally, intake of buckwheat-protein extract has been shown to increase muscle mass and reduce body fat.<sup>†</sup>

#### *Provides antioxidant support*

Whey protein is rich in cysteine, an important component of glutathione. Glutathione is a powerful antioxidant that is integral to reducing oxidative stress in many cells throughout the body, including the immune cells. Cruciferous vegetables, like kale and Brussels sprouts, contain phytochemicals that stimulate enzymatic activity required to support liver detoxification. Additionally, cruciferous vegetables have been shown to improve cholesterol metabolism and decrease markers of oxidative stress in humans. Barley grass contains chlorophyll, which is often used to remove toxins from the body and support organ detoxification systems. Research has shown that chlorophyll reduces toxins in the liver.<sup>†</sup>



Introduced in 2002



#### **Content:**

28 ounces (795 g)  
1-ounce packets (28.3 g) (10/box)

**Suggested Use:** Two rounded tablespoons (scoops) or one packet per shake. One to five shakes per day, or as directed.

#### **Supplement Facts:**

Serving Size: 2 rounded tablespoons (scoops) or 1 packet  
Servings per Container: 30 or 10 packets

|                    | Amount per Serving | %DV |
|--------------------|--------------------|-----|
| Calories           | 90                 |     |
| Calories from Fat  | 9                  |     |
| Total Fat          | 1 g                | 2%  |
| Cholesterol        | 10 mg              | 4%  |
| Total Carbohydrate | 5 g                | 2%  |
| Dietary Fiber      | 2 g                | 8%  |
| Protein            | 10 g               | 20% |
| Calcium            | 200 mg             | 20% |
| Iron               | 1 mg               | 4%  |

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

#### **Proprietary Blend:** 25 g

Whey (milk) protein powder, flax meal powder, rice protein powder, calcium citrate, magnesium citrate, buckwheat (leaf), Brussels sprouts (whole plant), kale (whole plant), choline bitartrate, inositol, alfalfa (whole plant) juice powder, soybean lecithin powder, grape (seed) extract (includes Masquelier's® OPC-85; 98% total phenolic compounds; 65% proanthocyanidins), carrot (root) powder, and red wine extract (70% total phenols).

**Special Information:** Store unopened container in a cool, dark place.

#### **Sold through health care professionals.**

This product is part of our purification program. Please see the Whole Food Supplement Shake brochure or our website for suggested recipes.

Please copy for your patients.

Vegetarian (Lacto-ovo)

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Standard Process**

800-558-8740 | standardprocess.com

SP Complete®

# SP Complete®

## What Makes SP Complete® Unique

### Product Attributes

A natural and nutritious whole food supplement that mixes with water and fruit or vegetables to make a delicious shake

- › Can be used to add vital nutrients to any diet and as part of the Standard Process Purification Program
- › Whole food ingredients provide a complete balance of nutrients and their synergistic cofactors
- › Contains a combination of grape seed extracts (including Masquelier's® Original OPC) that offers the highest percentage and quality of oligomeric proanthocyanidins (OPCs) available†
- › Contains non-denatured whey proteins that have kept their nutritional integrity throughout the manufacturing process

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

### Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

### Not disassociated into isolated components

- › The nutrients in SP Complete are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for SP Complete®.

- Abrams, S.A., et al. A combination of prebiotic short- and long-chain inulin-type fructans enhances calcium absorption and bone mineralization in young adolescents. *Am J Clin Nutr*, 2005; 82(2): p. 471-6.  
Aoyagi, Y., An angiotensin-I-converting enzyme inhibitor from buckwheat (*Fagopyrum esculentum* Moench) flour. *Phytochemistry*, 2006; 67(6): p. 618-621.  
Bloodon, L.T. and P. Szapary. Flaxseed and cardiovascular risk. *Nutr Rev*, 2004; 62(1): p. 18-27.  
Coudray, C., Demigne, C. and Rayssiguier, Y. Effects of dietary fibers on magnesium absorption in animals and humans. *J Nutr* 2003; 133(1): p. 1-4.  
Dahl, W.J., et al. Effects of flax fiber on laxation and glycemic response in healthy volunteers. *J Med Food*, 2005; 8(4): p. 508-11.  
De Wit, J.N. Marshall Rhine-Poulen Award Lecture. Nutritional and functional characteristics of whey proteins in food products. *J Dairy Sci*, 1998; 81(3): p. 597-608.  
Gill, C.I.R., et al. The Effect of Cruciferous and Leguminous Sprouts on Genotoxicity. *In vitro and In vivo. Cancer Epidemiol Biomarkers Prev*, 2004; 13(7): p. 1199-1205.  
Guenther, P.M., et al. Most Americans eat much less than recommended amounts of fruits and vegetables. *J Am Diet Assoc*, 2006; 106(9): p. 1371-9.  
Ha, E. and M.B. Zemel. Functional properties of whey, whey components, and essential amino acids: mechanisms underlying health benefits for active people (review). *J Nutr Biochem*, 2003; 14(5): p.251-8.  
He, J., et al. Oats and buckwheat intakes and cardiovascular disease risk factors in an ethnic minority of China. *Am J Clin Nutr*, 1995; 61(2): p. 366-72.  
Kashihara, J., et al. Consumption of buckwheat protein lowers plasma cholesterol and raises fecal neutral sterols in cholesterol-fed rats because of its low digestibility. *J Nutr*, 1997; 127(7): p. 1395-400.  
Kashihara, J., et al. Muscle hypertrophy in rats fed on a buckwheat protein extract. *Biosci Biotechnol Biochem*, 1999; 63(7): p. 1242-5.  
Kent, K.O., Harper, W.J., and Bonsmer, J.A. Effect of whey protein isolate on intracellular glutathione and oxidant-induced cell death in human prostate epithelial cells. *Toxicol In Vitro*, 2003; 17(1): p. 27-33.  
Marshall, K. Therapeutic applications of whey protein. *Altern Med Rev*, 2004; 9(2): p. 136-56.  
Murashima, M., et al. Phase I study of multiple biomarkers for metabolism and oxidative stress after one-week intake of broccoli sprouts. *Biofactors*, 2004; 22(1-4): p. 271-5.  
Nagayama, J., et al. Active elimination of causative PCDFs/DDs congeners of Yusho by one year intake of FBRA in Japanese people. *Fukuoka Igaku Zasshi*, 2003; 94(6): p. 118-25.  
Nagayama, J., et al. Promotive excretion of causative agents of Yusho by one year intake of FBRA in Japanese people. *Fukuoka Igaku Zasshi*, 2005; 96(5): p. 241-8.  
Palozza, P., et al. Induction of cell cycle arrest and apoptosis in human colon adenocarcinoma cell lines by beta-carotene through down-regulation of cyclin A and Bcl-2 family proteins. *Carcinogenesis*, 2002; 23(1): p. 11-8.  
Takai, M., et al. LDL-cholesterol-lowering effect of a mixed green vegetable and fruit beverage containing broccoli and cabbage in hypercholesterolemic subjects. *Rinsho Byori* 2003; 51(11): p. 1073-83.  
Tomotaka, H., et al. High protein buckwheat flour suppresses hypercholesterolemia in rats and gallstone formation in mice by hypercholesterolemic diet and body fat in rats because of its low protein digestibility. *Nutrition*, 2006; 22(2): p. 166-173.  
Walzem, R.L., Dillard, C.J., and German, J.B. Whey components: millennia of evolution create functionalities for mammalian nutrition: what we know and what we may be overlooking. *Crit Rev Food Sci Nutr*, 2002; 42(4): p. 353-75.  
Yalcin, A.S. Emerging therapeutic potential of whey proteins and peptides. *Curr Pharm Des*, 2006; 12(13): p. 1637-43.  
Yoshikawa, M., et al. Inhibitory effects of coumarin and acetylene constituents from the roots of *Angelica furcifera* on d-galactosamine/lipopolysaccharide-induced liver injury in mice and on nitric oxide production in lipopolysaccharide-activated mouse peritoneal macrophages. *Bioorg Med Chem*, 2006; 14(2): p. 456-63.