

How the SP Detox Balance™ Program Works

Drink one, two or three nutrient-packed SP Detox Balance™ shakes per the daily shake schedule in the Program Guide. Combine the powder with water (or other approved beverage), mix and enjoy any time of day. While this is not a meal-replacement shake, it could replace some food intake.

Sample meals, nutritious recipes and tips for staying hydrated are included in the Program Guide.

How to Prepare the Body for Metabolic Detoxification

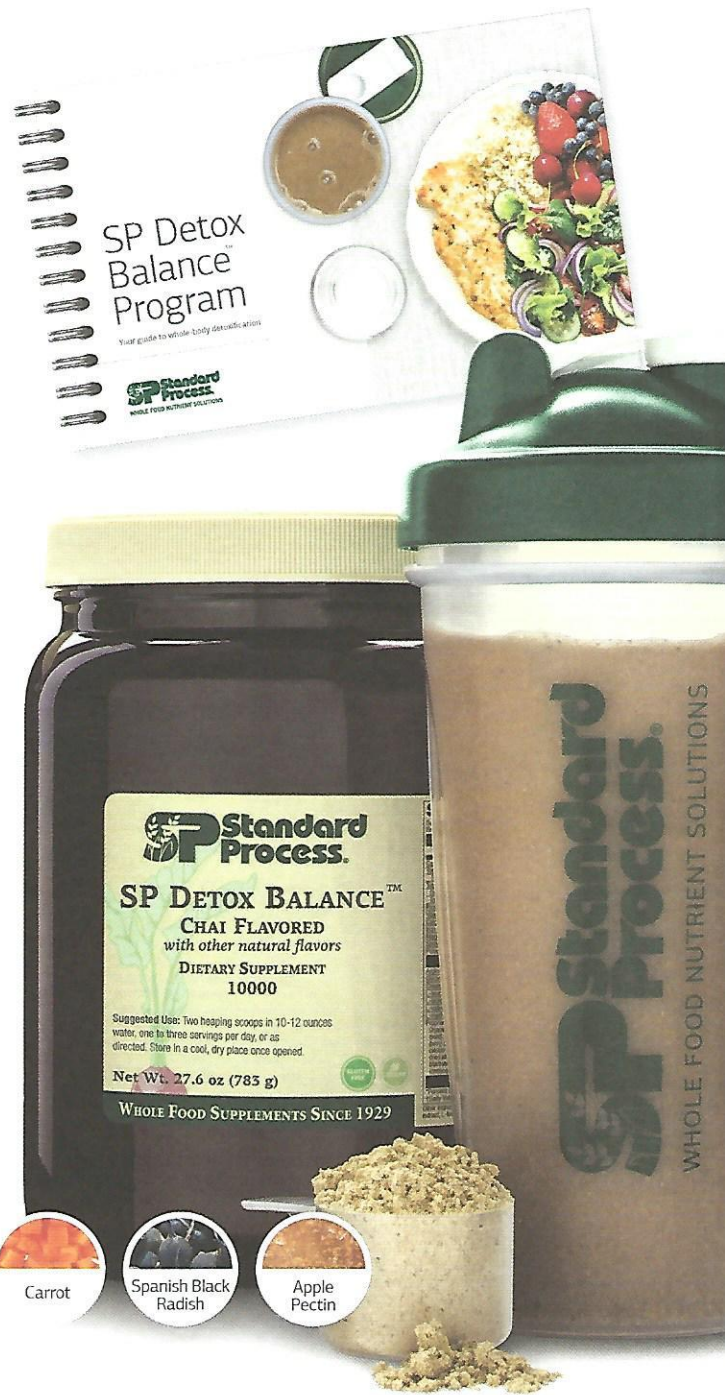
It is preferable that the following deficiencies be addressed before starting a detoxification program:

- Vitamin D, Vitamin B₁₂, Magnesium
- Methylation capacity (SAM:SAH<2)
- Gastrointestinal conditions affecting nutrient absorption (Elimination Diet)
- Estrogen metabolism
- Malnutrition



28-day or 10-day program

- Balanced and sustainable support of the body's natural metabolic detoxification process
- Supports phase II enzymes throughout the duration of the program (reduces the risk of cofactor depletion)
- Provides key nutrients required for glutathione synthesis (L-cysteine, L-glutamic acid, glycine and magnesium)
- Provides creatine for the purposes of decreasing the demand for glycine, arginine and methylation
- May help boost the body's energy level



To learn more, visit
www.standardprocess.com/SP-Detox-Balance



Yellow Pea Protein



Flax Meal



Sweet Potato



Oats



Pumpkin Seed Protein



Buckwheat



Carrot



Spanish Black Radish



Apple Pectin

1 "About." National Toxicology Program. US Department of Health and Human Services, accessed March 13, 2018. <https://ntp.niehs.nih.gov/about/index.html>
 2 Arthur Grube, David Donaldson, Timothy Kiely, and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates." Washington, D.C.: United States Environmental Protection Agency, February 2011. PDF e-book, http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf
 3 Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures, a Consensus Statement." Environmental Health 15, no. 1 (2016): 1-13. <https://doi.org/10.1186/s12940-016-0117-0>
 4 Joseph W. Thomson, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden." Public Health Reports 117, no. 4 (2002): 315-23.