



Standard
Process Inc.

With the arrival of summer,

you might find yourself increasing your time outdoors with exercise and physical activities such as hiking, running, golfing, biking, swimming, etc.



To keep oneself physically healthy when exercising one must remember to get the proper conditioning to avoid the wide range of injuries that may result from exercise. These injuries can range from minor to serious or result in lifelong physical and medical problems.

Many of the **fractures, sprains, and strains** resulting from a physical fitness activity can be prevented by warming up and stretching before any activity, wearing quality and properly fitted shoes, and using the correct protective gear and equipment. Standard Process has several whole food supplements to keep your body nutritionally fit when trying to reach optimal health.

Ligaplex® II

*The connective tissues in and around the joints age with normal, everyday wear and tear. The nutrients in Ligaplex II can help encourage healthy connective tissue durability - especially during periods of strenuous athletic stress, providing long-term tissue support for athletes whose joints endure frequent, repetitive activity. The nutritional compounds found in Ligaplex II support proper formation and maintenance of skeletal tissues. Carbamide promotes the consistent presence of healthy fluid levels in tissues in and around joints.**

Cataplex® E

*Cataplex E combines complete vitamin E complex with selenium to provide powerful antioxidant protection. The combination of vitamin E with selenium boosts antioxidant activity to help keep the heart and cardiovascular system healthy.**

Myo-Plus®

*Myo-Plus supports muscular health and function, combining strong antioxidants - Coenzyme Q10 and complete vitamin B, C, and E complexes. Coenzyme Q10 is used to support cardiovascular health and strengthen immunity. Coenzyme Q10 aids in muscular energy metabolism throughout the body and helps strengthen the heart muscle.**



For more information:

www.standardprocess.com

Symplex® F/M

*The Protomorphogen™ brand extracts found in both Symplex F & M enhance the healthy functioning of the human adrenal, thyroid, and pituitary glands and reproductive organs. These glands support healthy normal hormone production to help regulate cardiovascular and muscle function, central nervous system response to stress, energy production, basal metabolism rate, and protein synthesis.**

Protefood®

*Amino acids serve as the fundamental building blocks of protein - the substance that makes up all living organisms. Amino acids are also used by the body to maintain several functions of the nervous, muscular, and skeletal systems. Protefood supports these and other functions by providing enzymes that spark amino acid utilization. The nutrients in Protefood interact throughout the human body to support healthy cardiovascular function, immune response, bone development, and protein metabolism.**

OPC Synergy™

*The whole food ingredients found in OPC Synergy™ provide a high percentage of the strongest antioxidant protection available - oligomeric proanthocyanidins (OPCs). OPCs reduce the oxidative effects of aging and degeneration to neutralize the naturally occurring pro-oxidative effects of cellular metabolism - particularly those produced following sports activities. This process enhances cellular recovery following strenuous exercise and helps minimize sports recovery time.**