

Purification

Absolute Journey, Body and Mind



 Standard
Process



The Absolute Journey

Purification is the process of addressing the natural toxins in the body. Standard Process' four purification products work synergistically in two separate Standard Process purification programs to give the body the resources it needs so that it can purify and rebuild itself naturally.

SP Cleanse® The liver, gastrointestinal tract, kidneys, skin, and lymphatic system are actively engaged in ridding the body of harmful toxins. SP Cleanse combines 20 whole foods and botanicals that support the body's natural efforts to remove toxins and waste materials from the body. Nutrients in juniper berries and collinsonia encourage healthy kidney function, while those from red clover, burdock, and Oregon grape root support healthy blood and lymphatic system function. Fenugreek seed powder supports healthy gastrointestinal elimination. Barley grass is not only nutritious but contains digestive enzymes that help break down toxic substances in foods. Phytonutrients in milk thistle and apple pectin support a healthy liver and liver detoxification functions.*

SP Complete™ This nutritional, vegetarian supplement powder can be easily blended into a shake that provides essential macro- and micronutrients in a highly-bioavailable form. The nutrients in this product support a healthy cardiovascular system, encourage healthy nervous system function, promote cellular health with strong antioxidant protection, and support healthy digestive system function. SP Complete provides vitamins and minerals that are important to the body during purification. In addition, it can be used outside of the purification program to provide whole food ingredients often lost during the refining process of many of the foods we consume.*

SP Green Food™ SP Green Food is made up of five organically-grown whole food concentrates: Brussels sprouts, kale, alfalfa, buckwheat, and barley grass. In addition to their natural bioavailability, these foods contain vitamins, minerals, and other unknown synergistic cofactors. Brussels sprouts and kale help maintain cellular health by supplying nutrients that work to detoxify the liver. The phytonutrients in these two green vegetables help protect many of our major organs. Nutrients found in Brussels sprouts and kale promote enzymatic activity required to help detoxify the liver. They also stimulate the natural process designed to clear damaged cells from the body.*



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Gastro-Fiber® Diet studies show that the typical Western diet runs consistently low in fiber. This is due to the high consumption of refined wheat flour compared to a relatively low intake of fresh fruits and vegetables. Gastro-Fiber is a vegetarian product formulated specifically to provide additional fiber to any diet. Gastro-Fiber contains psyllium, collinsonia, apple pectin, fennel seed, and fenugreek to provide natural dietary support for people of all ages. This product directly supports a number of different gastrointestinal functions and provides indirect support for other physiological processes, including the ability to:

- Cleanse the gastrointestinal tract
- Encourage a healthy intestinal environment
- Support and maintain gastrointestinal lining
- Stimulate proper gastric juice flow and peristalsis
- Maintain regular intestinal evacuation
- Enhance the natural cleansing activities in the liver*

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