



Demystifying Detoxification

Marlayna Tillery, MScN | Nutrition Support Tech

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Marlayna Tillery, MScN



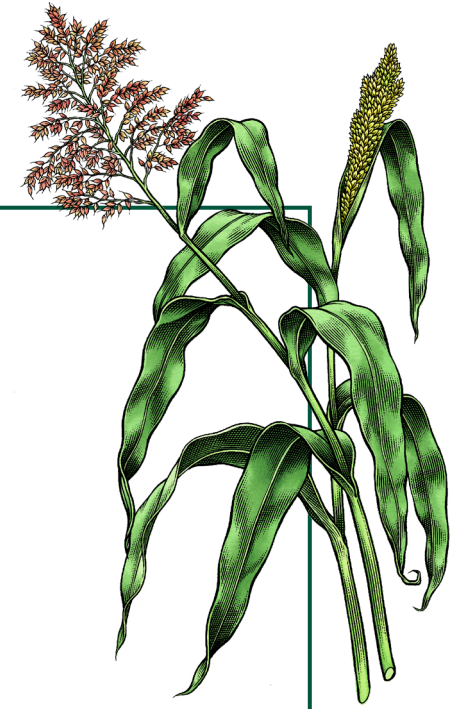
Marlayna is the Nutrition Support Tech at Standard Process. She is an evidence based Holistic Nutritionist with a Bachelors of Nutritional Sciences from the University of Arizona and a Masters in Nutritional Sciences from the National University of Natural Medicine in Portland, Oregon. Before working at Standard Process, she was practicing nutrition and health coaching in Berkeley, California.

Webinar Objectives

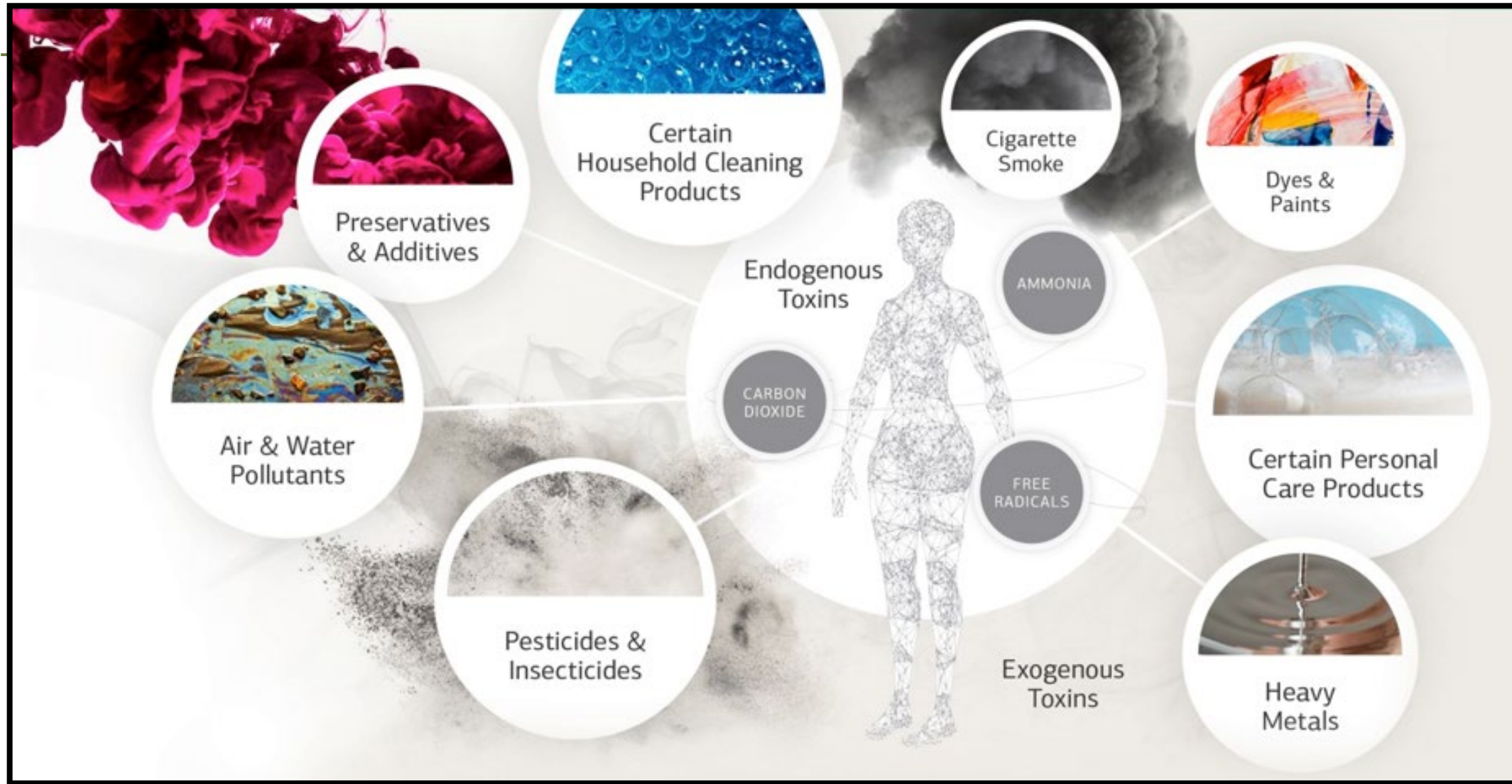
We'll explain:

- Who can be affected by toxins (hint: everyone)
- Where toxins come from
- When you should get started with a metabolic detoxification program
- What you can expect during a metabolic detoxification program
- Why you should consider the SP Detox Balance™ Program and the Standard Process Purification Program

We're exposed to toxins every day, which can overburden the body's natural ability to detoxify.



Over 80,000 chemicals are registered for use in the U.S.



DATA SOURCE:

Centers for Disease Control and Prevention. Fourth National Report on Human Exposure to Environmental Chemicals. Atlanta (GA): CDC, 2009..

Toxins can contribute to:



**FOOD CRAVINGS
AND WEIGHT GAIN**



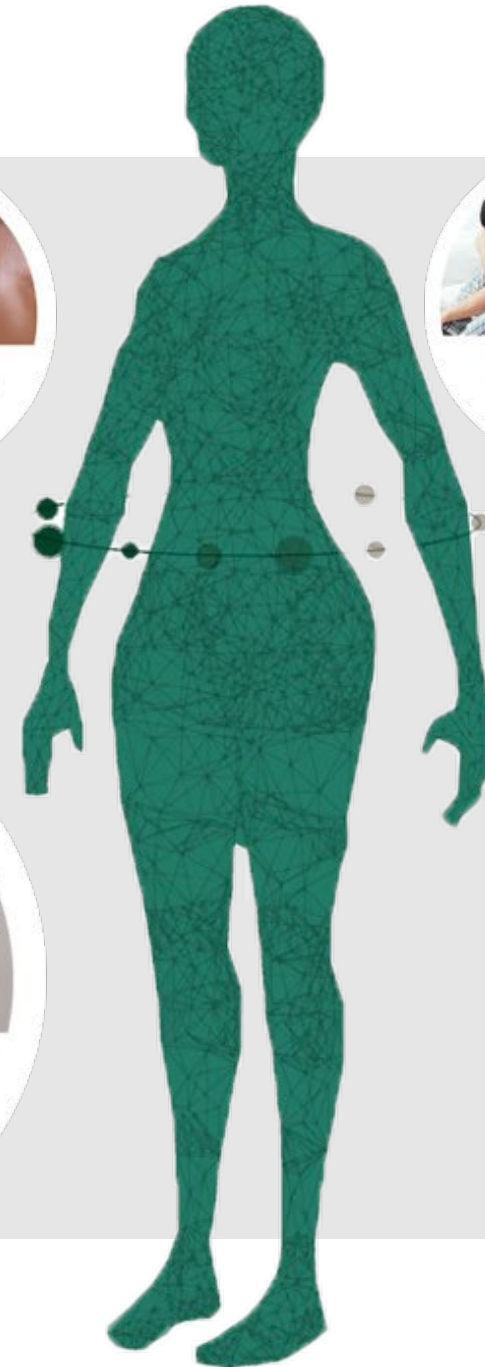
**FATIGUE OR
DIFFICULTY SLEEPING**



SKIN ISSUES



LOW LIBIDO



**REDUCED MENTAL
CLARITY**

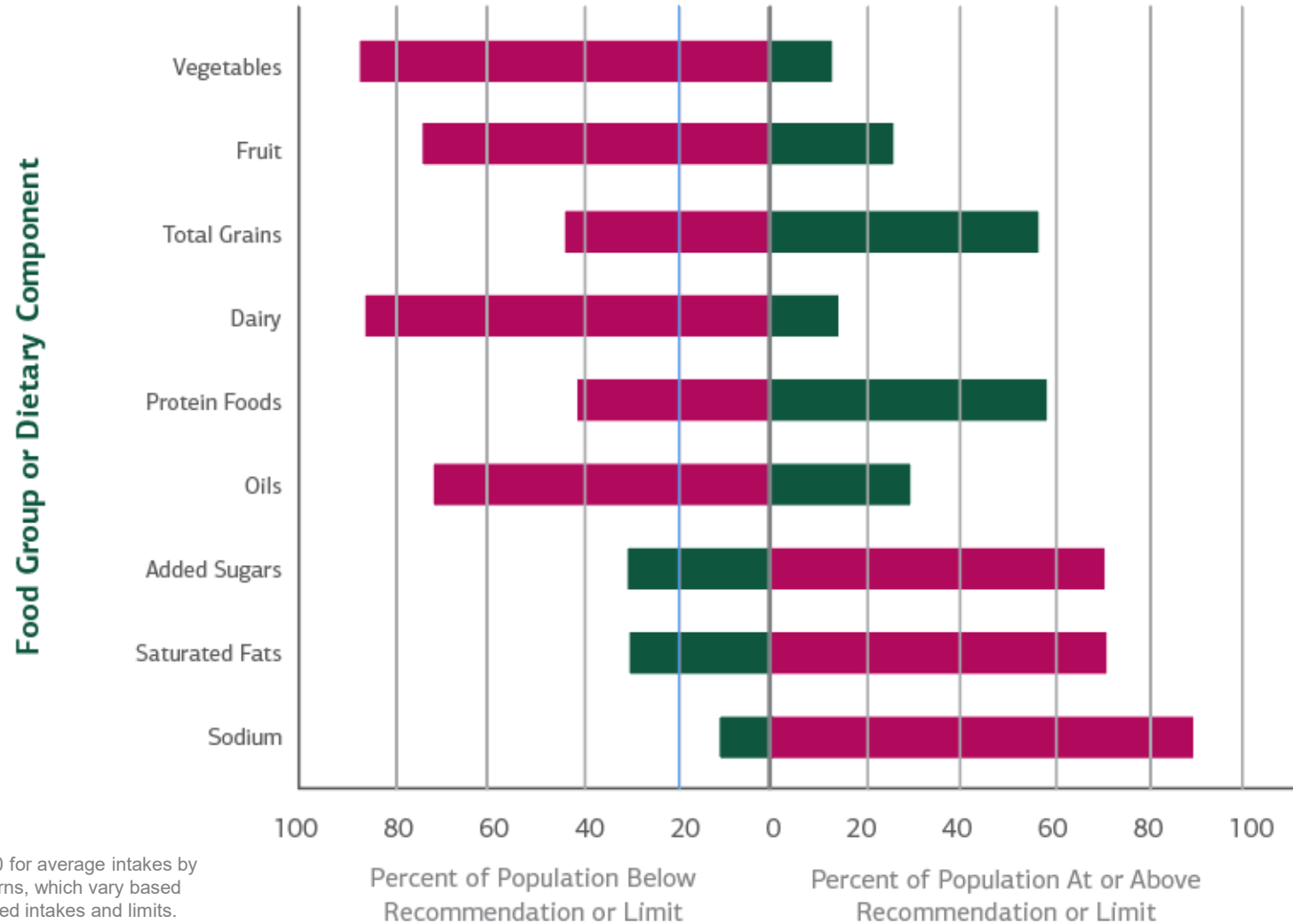


**JOINT
DISCOMFORT**



**INDIGESTION AND
OTHER TEMPORARY
GASTROINTESTINAL
UPSET**

This is SAD (Standard American Diet)



DATA SOURCES:
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

How do you determine your toxic load?

Your toxic load is the amount of toxins that your body must process.

- Yes No Do you or have you eaten processed foods?
- Yes No Do you eat non-organic fruits and vegetables?
- Yes No Do you eat meat that is not organic?
- Yes No Do you or have you ever used artificial sweeteners?
- Yes No Do you drink soda?

- Yes No Do the foods you eat have preservatives, additives, or sweeteners added?
- Yes No Do you eat fast foods and/or eat out regularly?
- Yes No Do you charbroil or grill foods?
- Yes No Do you drink coffee regularly?
- Yes No Do you drink alcohol?
- Yes No Do you drink tap water?

If the majority of your answers are “yes,” then it is likely your diet contributes significantly to your toxic load. Beyond diet, many external toxins – such as personal care products, cleaners, and pollution – add to your load.

Preparing for Detoxification

Home Environment

- Plastic Containers – replace with glass containers
- Candles and Scented Room Fresheners – use high-quality, lead-free wick candles and natural essential oils
- Cleaning Agents – use natural cleaners such as vinegar, lemons, hydrogen peroxide, baking soda, etc.
- Fertilizers, Pesticides, and Similar Products – visit the Environmental Protection Agency (EPA) website for safety recommendations
- Work Exposures – use protective masks if in a questionable environment
- General Exposures – limit as much as possible (smoke, tattoos, mold, etc.)

Preparing for Detoxification

Your Practitioner May Address These Topics:

- Deficiencies and Nutritive-Diet Issues
 - Vitamin B₁₂, vitamin D, magnesium, methylation capacity, gastrointestinal conditions impacting nutrient absorption, estrogen metabolism, or malnutrition.
- Coffee and Alcohol
 - Do you drink more than one serving of alcohol or coffee per day? Don't go cold turkey. Reduce intake to one daily serving before eliminating.
- Diet Requirements
 - Based on your weight, how much protein must you consume during a detox program? Do you have dietary concerns, such as glucose management? Together, you can customize a plan based on your unique needs.
- Medications and Supplements
 - Based on your health history and goals, your health care professional can help you decide if you should continue taking medications or other supplements during a detox program.

What You Can Expect During a Detox Program

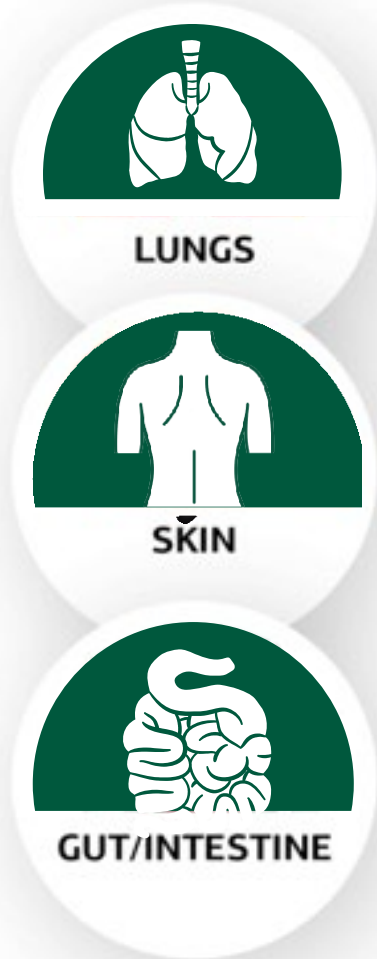
- Eliminate:
 - Alcohol, caffeine, tobacco, or other stimulants
 - Processed or refined foods
- Increase Consumption Of:
 - Vegetables
 - Fruits
 - Lean Protein
 - Water
- Consume whole food-based nutritional supplements to facilitate toxin removal

What You Can Expect During a Detox Program

- Exercise daily – facilitates the removal of toxins and helps maintain a healthy weight
- You may notice an increase in urination and bowel movements
- Speak to your health care practitioner if any other reactions arise

Exposure

Toxins enter through:



Detoxification

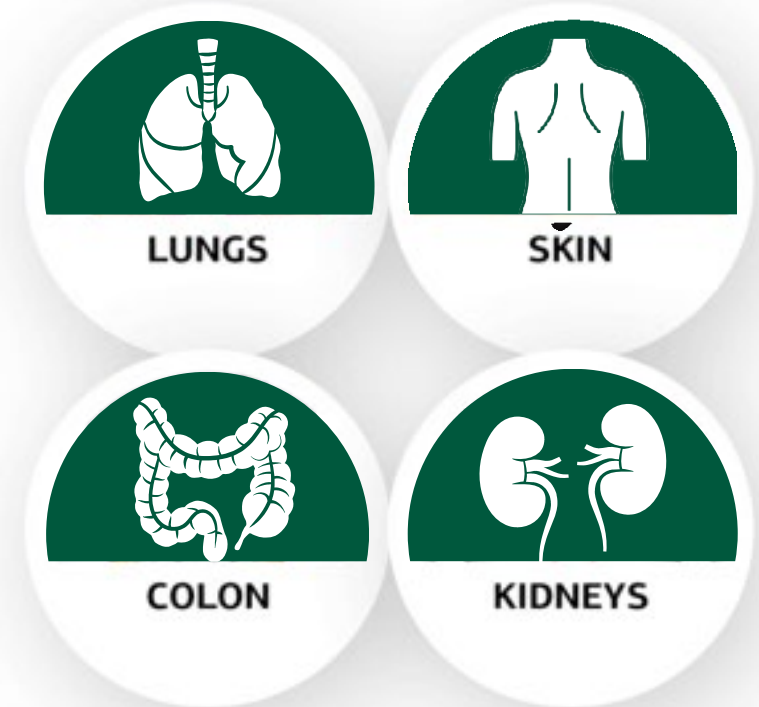


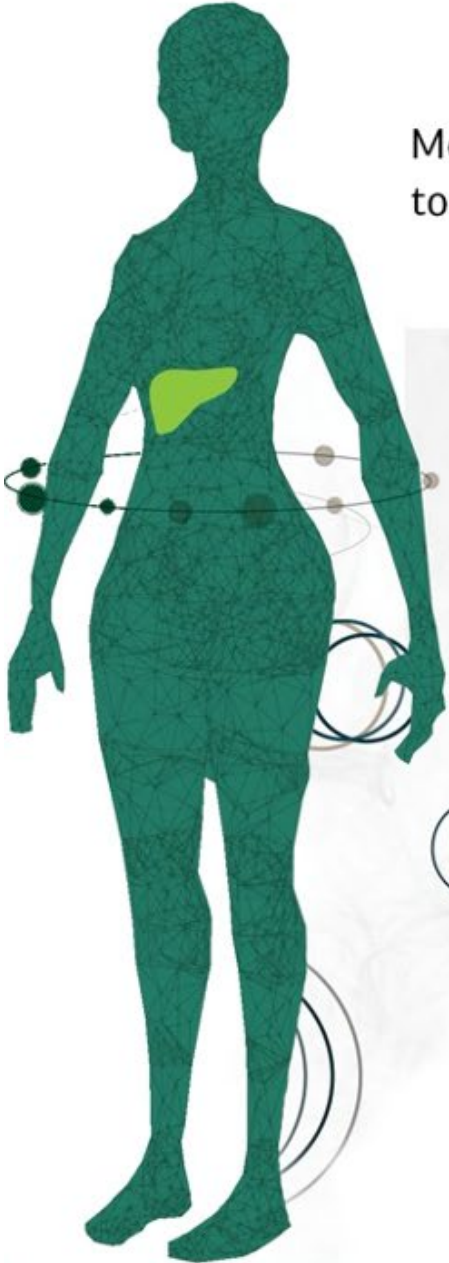
Excess toxins stored in



Elimination

Toxins exit through:





Metabolic detoxification provides your body with the additional nutritional support it may need to metabolize and expel toxins safely during each of the three metabolic detoxification phases.

Phase I: Unlock

PHASE 1
ENZYMES
(MAINLY CYP450)

Stored fat-soluble toxins transform to an “unlocked” state that is more water-soluble and in many cases more toxic than its original form.

Phase II: Neutralize

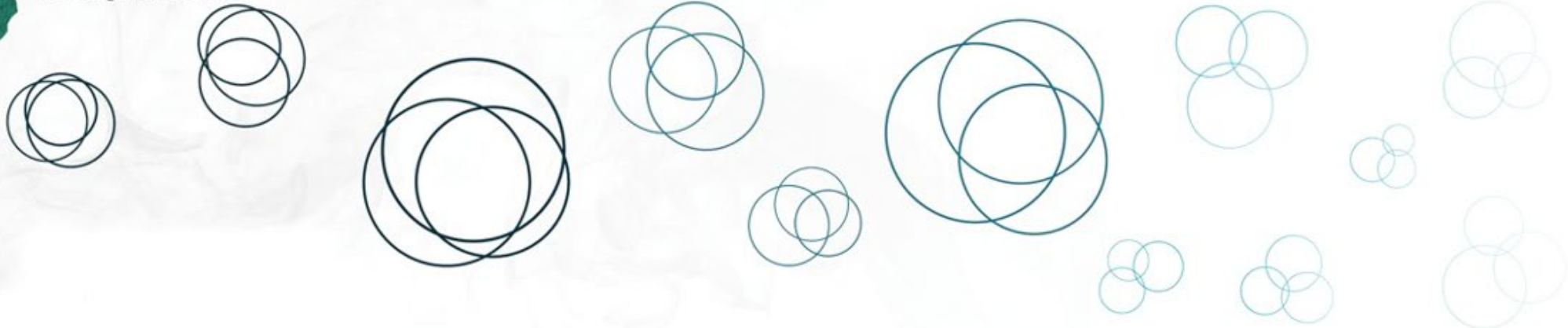
PHASE 2
ENZYMES
(CONJUGATION PHASE)

The highly toxic substances produced in phase I convert to non-toxic molecules and become even more water-soluble.

Phase III: Eliminate

PHASE 3
ELIMINATION

Water-soluble toxins leave your cells, and your body eliminates them.



That's why we're kicking off
2023 with the exciting,
nationwide SP Detox and
Purification Challenge.





Purification Program:

A time-tested program to nourish the body and support the body's normal toxin-removal processes*



SP Detox Balance™ Program:

An all-in-one approach to whole body detoxification

*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.

Purification vs Metabolic Detoxification

Purification Program



- 21-day program
- Purify, nourish and maintain a healthy body and weight*
- Includes a variety of supplements taken daily, including a nutritional shake that offers essential whole food nutrition - available in original, dairy-free, chocolate, or vanilla
- Nutrition guidance that focuses on vegetables, fruits, and protein and eliminates processed foods to help you reset your diet

Standard Process products labeled as **Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. Standard Process products labeled as **Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin. Standard Process products labeled as **Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.



SP Detox Balance™ Program



- 28-day program
- Balanced, safe, and effective nutritional support for all three phases of detoxification*
- Tasty, all-in-one shake (depending on the day, you will drink one, two, or three SP Detox Balance™ shakes)
- Includes basic meal, hydration and exercise guidance



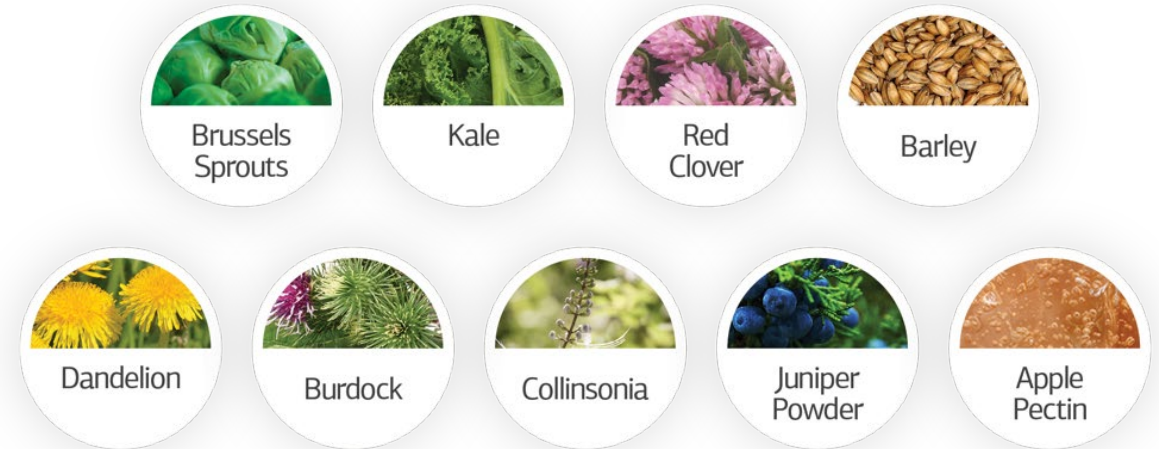
Purification Product Kit

Standard Process
21-Day Purification
Program

A Patient's Guide to Purifying,
Nourishing, and Maintaining
a Healthy Body and Weight



Purification Product Kit



- ✓ Provides options by preferred protein and fiber choice
- ✓ Purify, nourish, and maintain a healthy body and weight
- ✓ Choice of rice or whey/rice combination protein
- ✓ 10 grams of protein

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Purification Tools

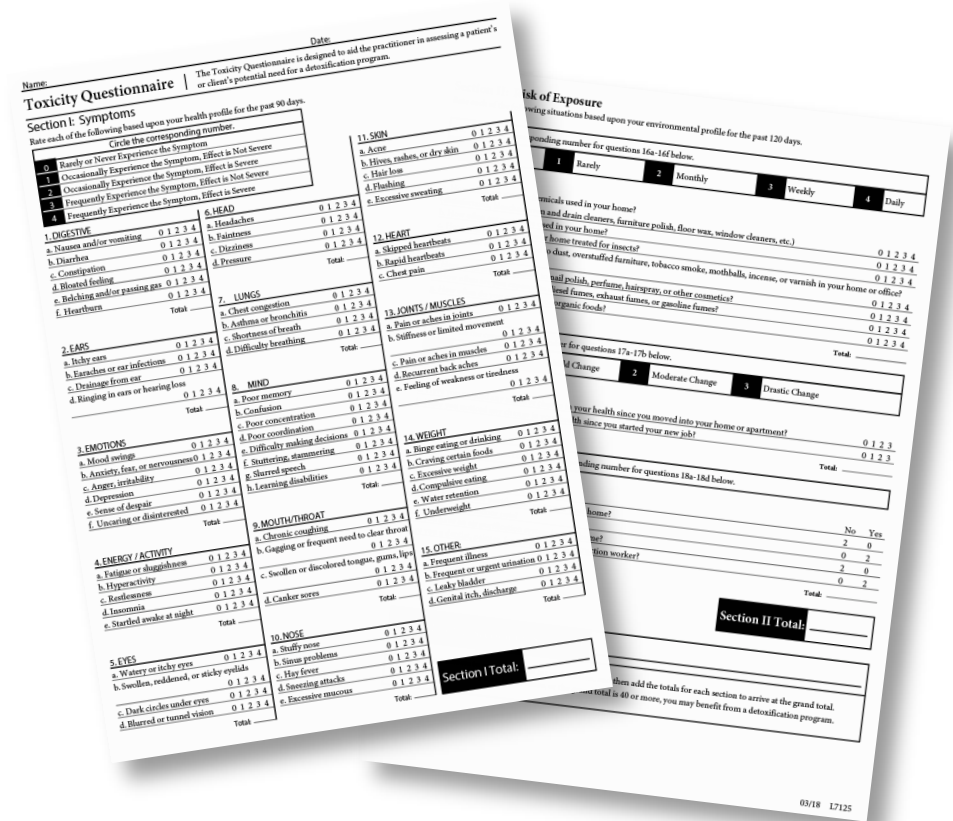
Resources available online at standardprocess.com/challenge



Purification Guide



Digital Recipes



Toxicity Questionnaire

Purification Program: Support Healthy Weight and Lipids

21-day nutritional intervention program



N=28 Adults

Retrospective review of adults
25 to 77 years

- Supported healthy weight
- Significant ($P < .0001$) change in serum total cholesterol, triglycerides, HDL, LDL, and VLDL

SP Cleanse[®], Gastro-Fiber[®], SP Complete[®] (a whey protein-based shake), and SP Green Food[®], nutritional supplements from Standard Process Inc, were provided to these patients during the 21-day program in accordance with dosages described on product labels

Standard Process Purification

Supplement Protocol Days 1-7

Supplement	Amount	Frequency
SP Cleanse®	7 capsules	3x/day
SP Complete® unflavored or dairy-free	2 tablespoons per shake	2-3x/day
OR SP Complete® chocolate or vanilla	4 tablespoons per shake	2x/day
Gastro-Fiber® OR Whole Food Fiber	3 capsules 1 tablespoon per shake	3x/day 2-3x/day

Supplement Protocol Days 8-21

Supplement	Amount	Frequency
<i>Same as above, except stop taking SP Cleanse® and begin: SP Green Food®</i>	<i>5 capsules</i>	<i>2x/day</i>

Nutrition Guidance

Days 1-10

- Fresh Vegetable and Fruit: Unlimited
- Your vegetable intake should be **twice** the amount of fruit intake
- Legumes or Quinoa: 1-2 servings per day
- Oil/Fat: 4-7 teaspoons per day (1 teaspoon)
- Protein: recommended to eliminate, however some patients may benefit from adding Whey Pro Complete or Veg-E Complete Pro to their shakes

Days 11-21

Same as Days 1-10 but add:

- Lean Meat and Fish: 2-4 per day, with 1-2 servings being fish (3-5 ounce)

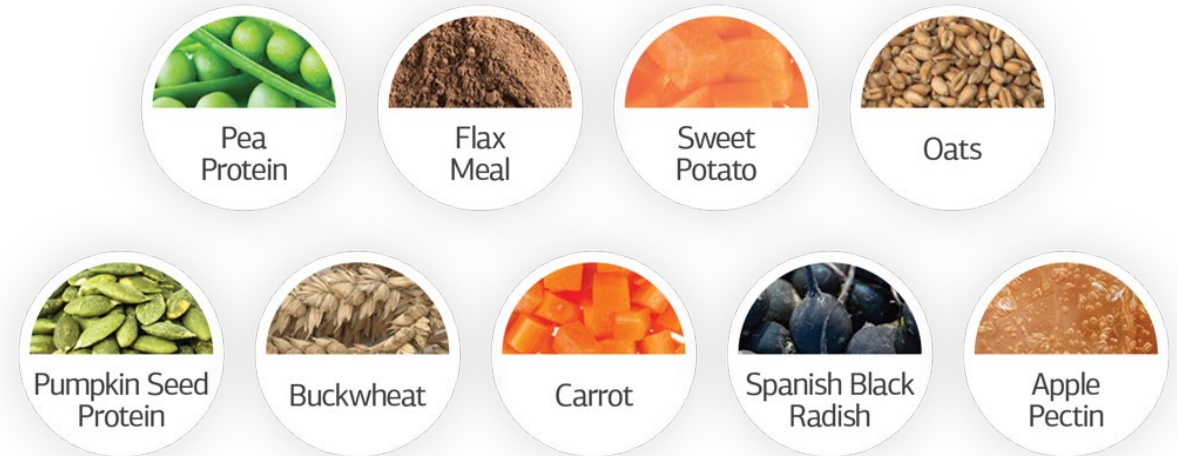
SP Detox Balance™

Available in Chai or
Unflavored options



SP Detox Balance™

A Good Source of Plant-based Mg

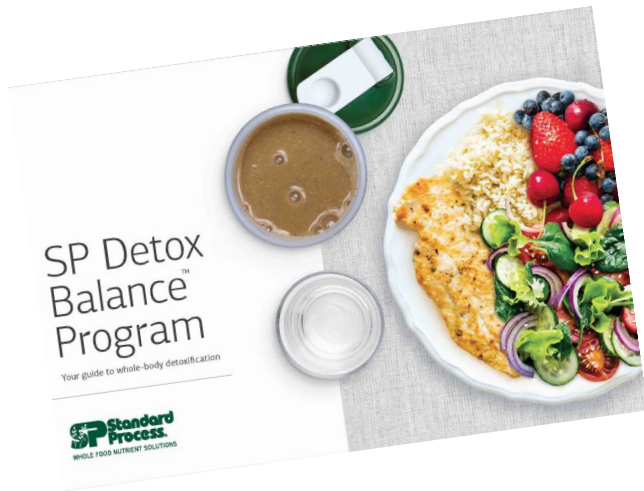


- ✓ Provides amino acids required for conjugation enzymes and whole body support through detoxification with a unique protein and amino acid blend*
- ✓ Good source of dietary fiber to support elimination*
- ✓ Whole food-based shake to support the body's natural metabolic detoxification process*
- ✓ 17 grams of vegan protein

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SP Detox Balance™ Program tools

Resources available online at standardprocess.com/challenge



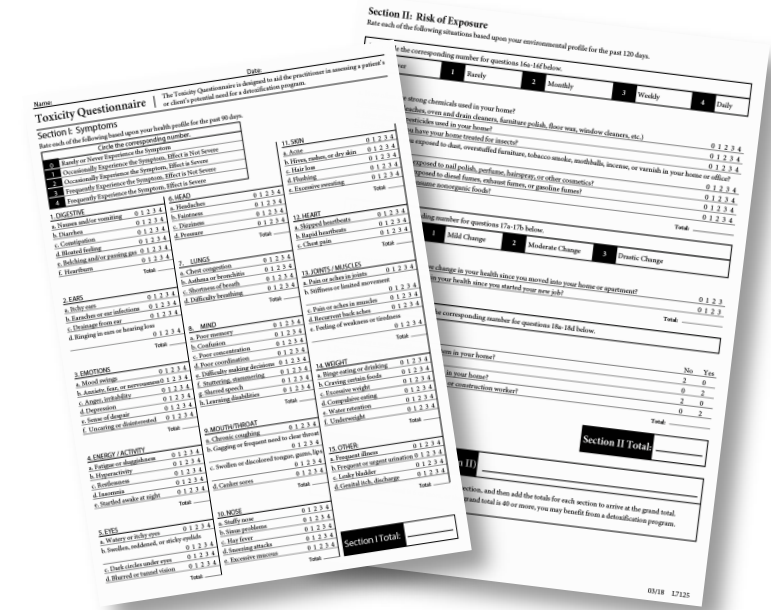
Program Guide



Shaker Bottle



Digital Recipes



Toxicity Questionnaire

28-DAY COMPREHENSIVE PROGRAM

Number of Shakes[^]
Per Day



3 Canisters · Program Guide · Shaker

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	1	1	2	2	2	2
WK2	3	3	3	3	3	3	3
WK3	3	3	3	3	3	3	3
WK4	2	2	2	1	1	1	1

[^]For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.



DELITE Research Study Available

Robert Alan Bonakdar, MD, FAAFP, FACN; Megan Sweeney, MPH; Sarah Dalhoumi, MD; Vanessa Adair, NP; Cathy Garvey, RD; Teresa Hodge, Leslie Herrala, CEP, MS; Ali Barbee, CEP, MS; Christina Case, CEP; Joe Kearney, MA, CPLC; Kendall Smith, ND; Jacob Hwang, ND

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Why You Should Participate

- Reset your diet in the new year by focusing on nutritious foods and beverages
- Join thousands of participants across the country; receive lots of encouragement, recipes and tips during the journey!
- **Could win a trip with a guest to Standard Process; bring your practitioner along too!**



Win A Luxurious, Health-Focused Trip to Standard Process!

Three lucky winners and a guest (along with their practitioner and a guest) will win an incredible trip to Wisconsin where they will visit the Standard Process certified organic farm and manufacturing facility, enjoy lunch with company leaders, and spend two nights in one of the Midwest's premier hotels. Winners will also enjoy activities such as:

- Golfing
- A spa retreat
- Premier restaurants
- Much more!

Nationwide SP Detox and Purification Challenge

- Includes 28-Day SP Detox Balance Program and 21-Day Purification Program
- Join the nationwide community: standardprocess.com/challenge
- Challenge begins Jan. 2
 - Two Facebook groups to share progress, recipes, and encouragement
 - Daily inspirational emails customized to the selected program

