



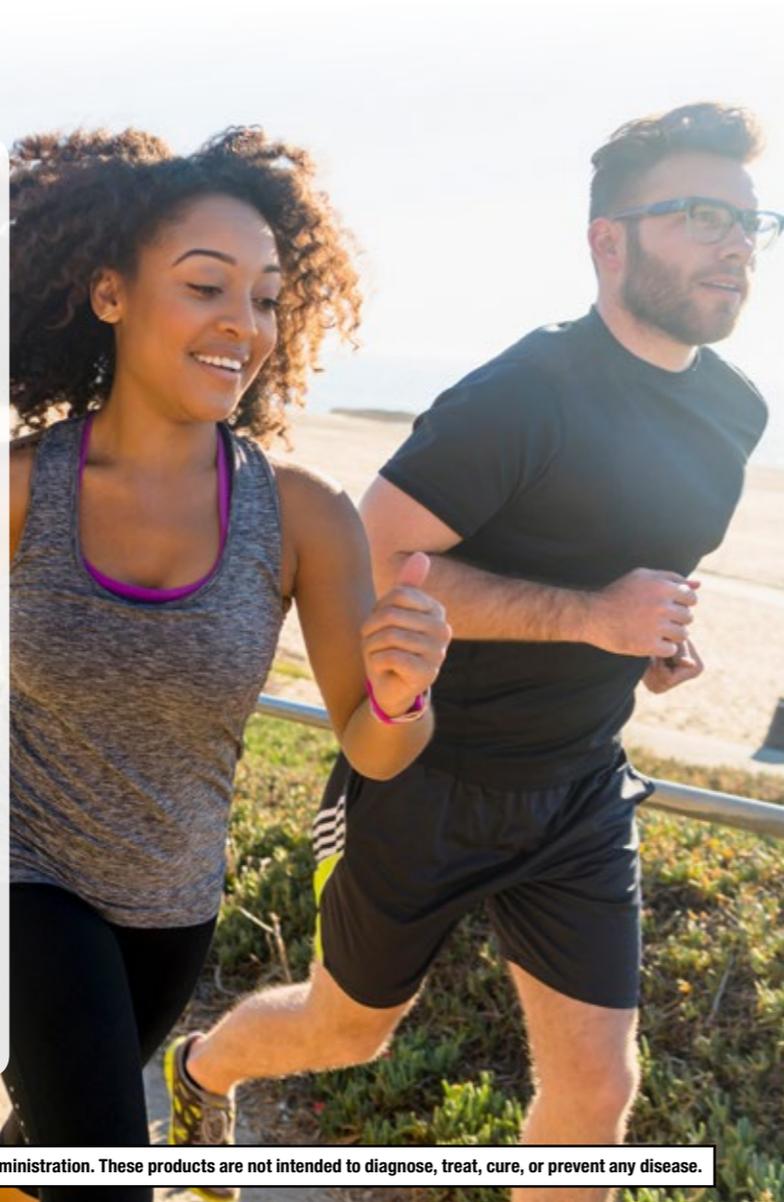
### What is a healthy inflammation response?

Inflammation has a bad reputation but can actually be a healthy response to challenges your body faces.

Acute inflammation is a normal, protective response to injury. However, inflammation can become your enemy if it's causing your body to overreact to stressors, creating a chronic, continuing natural inflammation response.

Reducing the effects of inflammation associated with exercise and your healthy lifestyle is a key factor in supporting and improving your overall function.

The 10-Day Healthy Inflammation Response Program will help jump-start your body's normal inflammation response process and put you on the fast track to living a healthier, more active life!\*



\*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.

## THE STANDARD PROCESS DIFFERENCE

Transforming Lives With Nutrition



### Standard Process:

- » Is committed to changing lives with a whole food philosophy
- » Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- » Is serious about quality
- » Makes products to support the health of the whole family
- » Partners exclusively with health care professionals
- » Has been trusted for generations, with products that have been transforming lives since 1929

*At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.*



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# What's in the program?

## What will your 10-day program be like?

You will:

- Avoid refined carbohydrates, artificial sweeteners, added sugar, chemical additives, processed meats, fried foods, caffeine, and soft drinks.
- Follow eating guidelines that focus on whole, unprocessed foods like vegetables, fruits, and lean protein.
- Drink supplement shakes with whole food and other ingredients.
- Take a simple protocol of supplements with whole food, herbal, and other ingredients.

The products in the 10-day program support the organs and glands that help maintain the body's healthy inflammation response. These include nutritional supplements made with whole food and other ingredients to help fill nutritional gaps in the diet.\*

## Program Products



**SP Complete<sup>®</sup>, SP Complete<sup>®</sup> Chocolate, SP Complete<sup>®</sup> Vanilla (all with whey protein), or SP Complete<sup>®</sup> Dairy Free (with rice protein)**

- A convenient powder that offers essential whole food nutrition with protein, fiber, and calcium to support immune system, intestinal, and muscular health\*



**SP Cleanse<sup>®</sup>**

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes\*



**Boswellia Complex (MediHerb<sup>®</sup>)**

- Combines boswellia, celery seed, ginger, and turmeric to support healthy joints, circulation, and the normal function of the kidneys\*



**Cyruta<sup>®</sup> Plus**

- Supports capillary integrity and function while also helping to support healthy peripheral circulation\*



**Black Currant Seed Oil**

- Supports the body's normal tissue repair process, normal blood flow, and healthy immune system function\*



# Is the 10-Day Healthy Inflammation Support Program right for you?

If you identify with the second and third columns, ask your health care professional about the program.

	1	2	3
POST-EXERCISE	Feeling fine	Minor aches	Swelling, joints stiff
WATER RETENTION	No problem	Puffy	Bloated
SKIN	Normal	Dry	Red, warm after exercise

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