Ideal Dispensary

Hormone System Support
Advanced Nutrition Therapy
Changing Lives With Nutrition

Standard Process focuses on achieving wholistic health through nutrition.

From our certified organic, regenerative farming practices to our Nutrition Innovation Center, we are committed to clinical science that advances health and changes lives.
It Starts With Soil
On our 623-acre, certified organic farm, we use regenerative farming practices to cultivate nutrient-dense soil as nature intended.

Whole Food-Based Ingredients
The whole food plant ingredients grown in our organic soil are rich in phytonutrients. More than 80% of all raw plant ingredients that go into our products come directly from our farm, traveling less than a mile to our manufacturing facility.

Manufactured With Care
Our freshly picked crops are processed often within a day using state-of-the-art technologies to maintain the naturally occurring nutrients in our plant ingredients.

Committed to Clinical Science
We are dedicated to being at the forefront of driving clinical studies that advance patient care through whole food-based nutrition.
Foundational Health
Health and Wellness

Preventative Care
Active Health Management

Condition-Specific Management
Specific System Support

Advanced Nutrition Therapy
Bundled Care Support Regimen for Specific Health Systems
Ideal Dispensary

Our portfolio of clinical nutrition products is designed to complement your health care practice with a wide range of whole food-based nutritional supplements and herbal products. The Ideal Dispensary provides wellness support that meets the specific needs of your patients and their healthy lifestyle goals. From foundational health to advanced nutrition therapies, our systems approach focuses on wholistic health through whole food nutrition.
Hormone System Support Products Include:

Whole food-based nutrition products to help address specific health issues requiring advanced nutrition insights.
More and more consumers today have busy schedules and pressure-packed lifestyles.

Often, this can lead to less-than-ideal dietary choices and habits that often contribute to compromised health. For almost 60% of Americans, this increases the risk of chronic health issues. Many of these health issues have negative effects on the underlying key systems of the body that in turn often compromise our lifestyles and influence the trajectories of our health. When this happens, it is helpful to take a more detailed look at each system, using new and advanced insights from nutrition science to develop guidelines for effective nutrition therapies using whole food solutions.

Over the last 3 to 5 years, new publications from both epidemiological and intervention clinical studies have provided evidence that for the most important body systems, whole food nutrition can make an important difference. When each system is properly understood, it is then possible to develop a nutrition care regimen that can help stabilize the targeted system, improve its normal and healthy functionality and often improve a normal health trajectory. These important systems, including immune, inflammatory response, central nervous system and digestive health, to name a few, have all been linked to and shown to be influenced by specific nutritional uses. This guide provides an overview to not only product selection but also general therapeutic support for patient care.

While the human body has a large number of underlying systems that work to influence healthy and normal body function, one key system that is often overlooked is the endocrine or hormonal system. This system in particular is important as it influences the major metabolic systems and thus helps regulate and balance some of the most important underlying systems.1

By making sure that the hormonal system is well balanced, it is then possible to support normal functional capacity of energy metabolism, stress response and a variety of other core systems ranging from the cardiovascular system to the immune system, and even the digestive system.2,3

---

The products that follow in this book offer a group of whole food-based nutritional and herbal solutions that help maintain a healthy and functional hormonal system.

For the most current and complete information about the product and cautionary warnings, please go to standardprocess.com.
Cataplex® E

Cataplex E supports cells and cell processes as well as healthy thyroid function.*

• Provides ingredients with antioxidant activity
• Supports cell signaling and regulation of gene expression
• Good source of antioxidant selenium*

Suggested use: Two tablets per meal, or as directed.
Drenamin®

Drenamin supports adrenal function and helps maintain emotional balance.*

• Promotes healthy adrenal gland function
• Encourages a healthy response to everyday environmental stresses and supports immune system response function
• Maintains energy production
• Supports a balanced mood
• Good source of antioxidant vitamin C*

Suggested use: Three tablets per meal, or as directed.

* 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.
OPC Synergy®

OPC Synergy provides a synergistic blend that exhibits antioxidant activity and supports cell functioning.*

• Provides nutrients that support antioxidant activity
• Supports and maintains normal cell function
• Helps maintain normal cognitive function
• Traditionally used in support of eye health
• Supports the complex processes associated with aging
• Supports a healthy cardiovascular system
• Maintains capillary integrity*

**Suggested use:** One capsule per day, or as directed.
Pituitrophin PMG®

Pituitrophin PMG supports healthy pituitary function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested use:** One tablet per meal, or as directed.

* 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.
Thymus PMG®

Thymus PMG is designed to support healthy thymus function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested use:** One tablet per meal, or as directed.
Thytrophin PMG®

Thytrophin PMG is designed to support healthy thyroid function.*

- Provides a unique profile of minerals, nucleotides, and peptides*

**Suggested use:** One tablet per meal, or as directed.

* 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.
MediHerb® Adrenal Complex

Adrenal Complex contains Licorice and Rehmannia, a combination that contains many compounds including triterpenoid saponins (especially glycyrrhizin), other saponins, iridoid glycosides and many flavonoids. The Licorice component of this tablet is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Together these herbs and the substances within them are used traditionally to:

• Restore adrenal function
• Support adrenal gland health
• Help the body adapt to the challenges of everyday life*

Suggested use: One tablet two to three times daily, or as directed.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.
MediHerb® Ashwagandha Complex

Ashwagandha Complex contains: Ashwagandha, Licorice, Skullcap and Korean Ginseng. This combination of herbs contains many compounds including steroidal compounds (including the complex mixture of steroidal saponins called ginsenosides), alkaloids, triterpenoid saponins (especially glycyrrhizin), other saponins and many flavonoids. The Korean Ginseng component of this tablet is standardized to contain 1.68 mg per tablet of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC) to ensure optimal strength and quality. Together these herbs and the substances within them are used traditionally to:

- Work as a tonic to benefit the entire body
- Maintain feelings of general well-being when experiencing temporary stress
- Support a healthy immune system
- Promote vitality and stamina in people of any age
- Support and maintain the body as it ages
- Help maintain healthy mood balance*

Suggested use: One tablet three times daily, or as directed.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. Discontinue during an acute infection or fever. If you have a thyroid condition use strictly under physician direction.

* 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.
MediHerb® Chaste Tree

Chaste Tree contains flavonoids (especially methoxylated flavones), iridoid glycosides (such as aucubin), diterpenes, sesquiterpenes, an essential oil and other compounds. Together this herb and the substances within it are used traditionally to:

- Support healthy prolactin and progesterone levels in the body
- Encourage healthy menstrual cycling
- Ease discomfort associated with premenstrual syndrome
- Support normal reproductive function in women
- Address non-cystic mild acne
- Ease temporary feelings of mild nervous tension associated with the menstrual cycle*

**Suggested use:** One tablet one to four times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
FemCo contains White Peony, Shatavari and Schisandra. This combination of herbs contains many compounds including the monoterpane glycoside paeoniflorin, steroidal saponins (such as shatavarin-I and dioscin) and dibenzocyclooctene lignans. Together these herbs and their constituents are used traditionally to help:

- Support women’s general well-being and vitality
- Support normal reproductive function in women
- Ease the effects of mild cramping associated with menstruation
- Encourage healthy menstrual cycling
- Ease the effects of everyday tension and stress*

**Suggested use:** One tablet three to four times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

* 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.
MediHerb® Rhodiola & Ginseng Complex

Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng, a combination which contains many compounds including phenylpropanoids such as rosarin, rosavin and rosin (rosavins), salidroside (a hydroxyphenethyl glucoside), and a complex mixture of steroidal saponins (called ginsenosides). This product is standardized to contain 4.5 mg of rosavins, 1.5 mg of salidroside and 8.4 mg of ginsenosides (calculated as Rb₂ to Rb₁ is NLT 0.4 by HPLC) per tablet to ensure optimal strength and quality. Together these herbs and the substances within them have been used traditionally to:

- Support mental clarity and cognitive function
- Promote vitality and stamina
- Help maintain proper energy
- Support physical endurance
- Maintain feelings of general well-being when experiencing temporary stress
- Help the body adapt to the changes of everyday life
- Support and maintain the body as it ages
- Support the body’s natural defenses against stress*

Suggested use: One tablet two to four times daily, or as directed.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional. Discontinue during an acute infection or fever.
MediHerb® Thyroid Complex

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwagandha) contain many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids. Together these herbs and their constituents can help to:

- Support healthy thyroid function important for normal energy production
- Maintain normal thyroid function
- Helps assist the body in achieving normal basal metabolism through supporting healthy thyroid function
- Maintain or improve general well-being*

*Suggested use:* One tablet daily, or as directed.

*Caution:* Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems. If you have a thyroid condition, use strictly under physician direction.

*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.*

21
MediHerb® Tribulus

Tribulus contains an extract of *Tribulus terrestris* herb (aerial parts - leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds. This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality. The compounds in Tribulus have been used traditionally to:

- Help support normal reproductive function in men and women
- Help support normal hormone production in men and women
- Promote vitality and stamina
- Support physical endurance
- Promote an overall feeling of well-being*

**Suggested use:** One tablet one to three times daily, or as directed.

**Caution:** Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.
Appendix
**Supplement Facts**

**Serving Size:** 1 Tablet

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>30 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 118 mg
*Proprietary Blend: Bovine pituitary PMG™ extract†.
†Daily Value (DV) not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

---

**Supplement Facts**

**Serving Size:** 3 Tablets

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1.5</td>
</tr>
<tr>
<td><strong>Magnesium citrate</strong></td>
<td>770 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 410 mg
Chia boswellia (Boswellia serrata) powder, cranberry, grape seed extract (Masquelier’s OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands), red wine extract, green tea (Gentian extract, and bilberry (fruit) extract**.
*Daily Value (DV) not established.

**Other Ingredients:** Gelatin, water, maltodextrin, and calcium stearate.

---

**Supplement Facts**

**Serving Size:** 1 Tablet

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>30 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 118 mg
Magnesium citrate and bovine pituitary PMG™ extract.
*Daily Value (DV) not established.

Other Ingredients: Calcium lactate, cellulose, and calcium stearate.

---

**Supplement Facts**

**Serving Size:** 3 Tablets

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>70 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 118 mg
Boswellia serrata, horsetail, German chamomile, and propolis.

Other Ingredients: Cellulose, mannitol, inulin, sucrose, and calcium lactate.

---

**Supplement Facts**

**Serving Size:** 1 Tablet

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>1.5</td>
</tr>
<tr>
<td><strong>Magnesium citrate</strong></td>
<td>770 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 410 mg
Chia boswellia (Boswellia serrata) powder, cranberry, grape seed extract (Masquelier’s OPCs is a registered trademark of International Nutrition Company BV, Loosdrecht, the Netherlands), red wine extract, green tea (Gentian extract, and bilberry (fruit) extract**.
*Daily Value (DV) not established.

**Other Ingredients:** Gelatin, water, maltodextrin, and calcium stearate.

---

**Supplement Facts**

**Serving Size:** 3 Tablets

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>3</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>70 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 118 mg
Boswellia serrata, horsetail, German chamomile, and propolis.

Other Ingredients: Cellulose, mannitol, inulin, sucrose, and calcium lactate.

---

Please consult standardprocess.com for the most current product information.
### Thymus PMG®

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Proprietary blend</td>
</tr>
</tbody>
</table>

Other ingredients: Calcium lactate, cellulose, and calcium stearate.

### Thytrophin PMG®

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>

Proprietary blend: 109 mg
Mangostin citrate and bovine hyloid PMG™ extract (processed to substantially remove its thyroxine).

1 Daily Value (DV) not established.

Other ingredients: Calcium lactate, cellulose, and calcium stearate.

### MediHerb® Adrenal Complex

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>

Licenderap 71 extract 250 mg
Licenderap 71 extract from Glycyrrhiza glabra root 250 mg
Licenderap 71 extract from Poria cocos root 750 mg
Licenderap 71 extract from Glycyrrhiza glabra root 250 mg
Licenderap 71 extract from Poria cocos root 750 mg
Licenderap 71 extract from Glycyrrhiza glabra root 250 mg
Licenderap 71 extract from Poria cocos root 750 mg
Licenderap 71 extract from Glycyrrhiza glabra root 250 mg
Licenderap 71 extract from Poria cocos root 750 mg

1 Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, magnesium stearate, and hypromellose.

### MediHerb® Ashwagandha Complex

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong> 1 Tablet</td>
</tr>
<tr>
<td><strong>Amount per Serving</strong></td>
</tr>
<tr>
<td>Calcium</td>
</tr>
</tbody>
</table>

Licenderap 71 extract from Glycyrrhiza glabra root 175 mg
Licenderap 71 extract from Poria cocos root 525 mg
Licenderap 71 extract from Glycyrrhiza glabra root 175 mg
Licenderap 71 extract from Poria cocos root 525 mg
Licenderap 71 extract from Glycyrrhiza glabra root 175 mg
Licenderap 71 extract from Poria cocos root 525 mg
Licenderap 71 extract from Glycyrrhiza glabra root 175 mg
Licenderap 71 extract from Poria cocos root 525 mg
Licenderap 71 extract from Glycyrrhiza glabra root 175 mg
Licenderap 71 extract from Poria cocos root 525 mg

1 Daily Value (DV) not established.

Other ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, magnesium stearate, and hypromellose.

*RtR to HPLC is NOT G.4 by HPLC.*

Please consult standardprocess.com for the most current product information.
### MediHerb® Chaste Tree

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 40 or 120</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>87 mg 8%</td>
</tr>
<tr>
<td>Chaste Tree root 6:1 extract from Vitex agnus-castus root 500 mg</td>
<td>83.3 mg †</td>
</tr>
</tbody>
</table>

**Daily Value (DV) not established.**  

Other Ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, silicon dioxide, hypromellose and magnesium stearate.

### MediHerb® FemCo

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>74 mg 6%</td>
</tr>
<tr>
<td>Schisandra fruit 6:1 extract from Schisandraceae fruit 1 g</td>
<td>166.6 mg †</td>
</tr>
<tr>
<td>White Peony root 1:1 extract from Paeonia accelerating root 750 mg</td>
<td>187.5 mg †</td>
</tr>
<tr>
<td>Shatavari root 6:1 extract from Asparagus racemosus root 600 mg</td>
<td>100 mg †</td>
</tr>
</tbody>
</table>

**Daily Value (DV) not established.**

Other Ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, magnesium stearate and silicon dioxide.

### MediHerb® Rhodiola & Ginseng Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Rhodiola root 4:1 extract from Rhodiola rosea root 600 mg containing rosavins 4.5 mg and salidroside 1.5 mg</td>
<td>150 mg †</td>
</tr>
<tr>
<td>Korean Ginseng root 5:1 extract from Panax ginseng root 500 mg containing ginsenosides 8.4 mg</td>
<td>100 mg †</td>
</tr>
</tbody>
</table>

**Daily Value (DV) not established.**

Other Ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose and magnesium stearate.

### MediHerb® Thyroid Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 40 or 120</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium</td>
<td>57 mg 4%</td>
</tr>
<tr>
<td>Iodine 300 mcg 200% (from Bladderwrack whole plant)</td>
<td></td>
</tr>
</tbody>
</table>

**Daily Value (DV) not established.**

Other Ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

### MediHerb® Tribulus

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
<th>Servings per Container: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Tribulus herb (aerial part) 5:1 extract from Tribulus terrestris herb (aerial part) 135 g containing protodioscin 100 mg</td>
<td>245-455 mg †</td>
</tr>
</tbody>
</table>

**Daily Value (DV) not established.**

Other Ingredients: Dicalcium phosphate dihydrate, microcrystalline cellulose, sodium starch glycolate, hypromellose, silicon dioxide and magnesium stearate.
CHANGING LIVES

with wholistic nutrition from practitioner to patient