Ideal Dispensary

Sports Performance
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 foods grown on our farm in our organic soil contain an abundance of 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.
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.
Sports
Performance Products Include:

Whole food-based nutrition products to help address specific health issues requiring advanced nutrition insights.
Active lifestyles and sports performance create nutritional requirements to help ensure adequate and balanced energy.

Whole food nutrition can provide important macronutrients that are plant based (i.e., proteins and quality carbohydrates and fiber) and helpful for both enhanced health status and improved daily performance and activity. Additionally, phytonutrients help balance important body systems and support the processes ranging from oxidation to immune and metabolic responses. Not only does nutrition provide good foundations for performance, more specialized nutritional support can also help address acute conditions that are often seen in overtraining, fatigue, and even injury. Selection of specialized nutritional support can be used today as adjunctive care to your clinical regimen. This guide helps identify those nutritional components that can support normal and healthy function of all systems that influence performance and recovery.

This guide provides nutritional support that helps maintain healthy activity and may facilitate recovery that keeps everyone ‘in the game’.

For the most current and complete information about the product and cautionary warnings, please go to standardprocess.com.
Calcium Lactate

Calcium Lactate supports absorption of calcium and magnesium.*

- Supports muscle contraction and nerve conduction
- Supports maintenance and function of cell membranes and membrane permeability
- Supports blood coagulation
- Supports proper functioning of enzyme systems
- Supports and helps maintain healthy bone density and remodeling
- Highly soluble form of calcium from a non-dairy source
- Contains a 5:1 ratio of calcium and magnesium
- Provides additional support for the immune system response function
- Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life*

Suggested use: Six tablets per day, or as directed.
Cataplex® D

Cataplex D supports bone health, mineral absorption, the immune system, and cellular processes.*

- Encourages healthy calcium absorption from the intestinal tract into the blood
- Supports healthy immune system response function
- Supports and maintains healthy bone density
- Provides vitamin D, which is needed by almost every cell in the body for development and transcription*

Suggested use: Two tablets per day, 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.
Cellular Vitality

Cellular Vitality supports the body as a whole, with specific emphasis on cellular processes.*

- Contains American ginseng, which acts as a body tonic for the byproducts of everyday stress
- Contains B vitamins, to fuel cells and participate in numerous body processes that contribute to normal function
- Provides nutrients that support antioxidant activity
- Includes the enzyme bromelain from pineapple stems and juice that, when taken between meals, modulates the body’s natural inflammatory response function as it relates to periodic challenges like consumption of high-fat foods or strenuous activity
- Contains coenzyme Q₁₀, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals
- Contains Cordyceps sinensis, a mushroom powder long prized in traditional Chinese medicine with a variety of bioactive compounds that contribute to fatigue management and the maintenance of healthy blood sugar levels already within normal range
- Contains ribonucleic acid (RNA), compounds that can be broken apart as cells to create energy or manufacture protein*

Suggested use: Three capsules per day, or as directed.
Ferrofood®

Ferrofood contains iron to support the body’s need for this mineral.*

• Maintains healthy blood
• Promotes and supports normal blood production
• Supports cellular integrity
• Provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells
• Supports enzyme actions in the body
• Contains vitamin C to help with iron absorption
• High in antioxidant vitamin C*

Suggested use: One capsule per day with food or directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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Glucosamine Synergy®

Glucosamine Synergy combines glucosamine, *Boswellia serrata*, and manganese to help maintain healthy joint function.*

- Maintains healthy connective tissue
- Supports the body’s normal connective tissue repair process
- Supports joint health
- Contains glucosamine and boswellia for relieving discomfort in the affected areas after strenuous exercise*

**Suggested use:** One capsule three times per day, or as directed.

**Caution:** This product contains ingredients derived from shellfish.
Ligaplex® I

Ligaplex I contains nutrients that provide acute ligament and muscle support.*

- Supports the body’s normal connective tissue repair and synthesis processes
- Supports healthy joints and muscles
- Supports bone growth and the synthesis of cartilage
- Contains buckwheat, which supports the body’s natural inflammatory response function as it relates to periodic challenges like strenuous exercise*

**Suggested use:** Two capsules per meal, or as directed.

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OPC Synergy®

OPC Synergy provides a synergistic blend that supports antioxidant activity and 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.

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MediHerb® Rhodiola & Ginseng Complex

Rhodiola & Ginseng Complex contains Rhodiola and Korean Ginseng, a combination which contains many compounds including phenylpropanoids such as rosarin, rosin 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 traditionally used 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® Turmeric Forte

Turmeric Forte is a formulation of Turmeric rhizome and Fenugreek seed extracts to enhance absorption and improve bioavailability*+ of curcuminoids, the active constituents of Turmeric. Turmeric rhizome provides turmeric curcuminoids, including curcumin, demethoxycurcumin and bisdemethoxycurcumin. This product is standardized to total curcuminoids and to curcumin, to ensure optimal strength and quality.

The herbs and their constituents:
- Support a healthy inflammation response
- Traditionally maintain and support healthy joints
- Provide antioxidant activity
- Support a healthy response to environmental stressors
- Support healthy liver function
- Traditionally support healthy digestion*

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

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

1. Contains dietary ingredient (formulation of curcumin with fenugreek dietary fiber), found to have enhanced bioavailability of curcuminoids than unformulated curcumin.1


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Appendix
### Supplement Facts

**Calcium Lactate**

<table>
<thead>
<tr>
<th>Serving Size: 6 Tablets</th>
<th>Servings per Container: 15, 55 or 133</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>1 g</td>
</tr>
<tr>
<td>Magnesium</td>
<td>50 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

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### Supplement Facts

**Cataplex® D**

<table>
<thead>
<tr>
<th>Serving Size: 2 Tablets</th>
<th>Servings per Container: 90 or 180</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>900 mcg</td>
</tr>
<tr>
<td>Thiamine</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Folate (as 30 mcg folate acid)</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.5 mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

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### Supplement Facts

**Cellular Vitality**

<table>
<thead>
<tr>
<th>Serving Size: 3 Capsules</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>1 g</td>
</tr>
<tr>
<td>Thiamine</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>0.3 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.5 mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Calcium lactate, magnesium citrate, and calcium stearate.

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### Supplement Facts

**Ferrofood®**

<table>
<thead>
<tr>
<th>Serving Size: 1 Capsule</th>
<th>Servings per Container: 40 or 150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calories</td>
<td>20</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>30 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1.7 mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>10 mg</td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin, camu camu (berry), acerola (berry), manioc (tapioca), ferrous lactate, water, calcium stearate, dicalcium phosphate, and cyanocobalamin.

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Please consult standardprocess.com for the most current product information.
### Glucosamine Synergy®

**Supplement Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucosamine</td>
<td>150 mg</td>
</tr>
<tr>
<td>OPC</td>
<td>75 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Calcium citrate, chondroitin sulfate, biotin, vitamin D₂, vitamin B₁₂, vitamin C, selenium, copper, and manganese.

*Vitamin D₂ not established.*

### Ligaplex® I

**Supplement Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhodiola</td>
<td>2 mg</td>
</tr>
<tr>
<td>Ginseng</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Turmeric, ginger, ashwagandha, black pepper, and black seed.

### OPC Synergy®

**Supplement Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPC</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Sodium, water, maltodextrin, and calcium stearate.

*Vitamin D₂ not established.*

### MediHerb®

#### Rhodiola & Ginseng Complex

**Supplement Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhodiola</td>
<td>150 mg</td>
</tr>
<tr>
<td>Ginseng</td>
<td>75 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Ashwagandha root, black pepper, and black seed.

*Vitamin D₂ not established.*

#### Turmeric Forte

**Supplement Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

Other ingredients: Black pepper, ginger, and ashwagandha root.

*Vitamin D₂ not established.*

Please consult standardprocess.com for the most current product information.
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