

# SP Complete®, SP Complete® Dairy-Free, SP Complete® Chocolate, SP Complete® Vanilla



FOUNDATIONAL HEALTH



## SP Complete:

- Offers essential whole food nutrition in a convenient powder\*
- Supports intestinal, muscular, and immune health
- Provides ingredients with antioxidant activity
- Supports healthy liver function
- Supports the body's normal toxin-elimination function
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle
- Adds vital nutrients to any diet\*

## Synergy of Protein and Plants

SP Complete provides essential minerals including calcium, iron, magnesium, potassium, and sodium, as well as choline and inositol. SP Complete contains high-quality protein in a matrix of organic plant extracts (many of which are grown on the Standard Process certified organic farm), grape extract, and micronutrients. The product's blend of protein (whey and/or rice protein) and plants is easily incorporated into a balanced diet to act as foundational support for a healthy body.

## Protein Needs

The body uses protein to support many important functions: muscular function, cellular function, gut health, hair, skin, nails, satiety and normal toxin elimination.<sup>1-4</sup> Adequate dietary protein is critical to ensure optimal health throughout the lifespan.

## NOTES

## DOSAGE AM

## Protein Needs (cont.)

Individuals who are aging, athletes, or patients who have other health conditions may not consume enough protein. The 2005-2014 NHANES data (n=11,680) found that close to 50 percent of adults over the age of 51 years old were not meeting the recommended 0.8 g of protein/kg of body weight/daily.<sup>5</sup>

### FIGURE 1.

Protein Recommendations for Various Populations



- **Athletes:** 1.2 to 2.0 g/kg of body weight<sup>6</sup>
- **Support the Normal Aging Process:** 1.0 to 1.6 g/kg of body weight<sup>7</sup>
- **Healthy Adults RDA:** 0.8 g/kg of body weight<sup>8</sup>

## Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx 25g)  
Servings per Container: 30

	Amount per Serving	% Daily Value
Calories	100	
Total Fat	1.5g	2%*
Cholesterol	10mg	3%
Total Carbohydrate	6g	2%*
Dietary Fiber	3g	11%*
Total Sugars	<1g	†
Protein	10g	20%
Choline	70mg	13%
Calcium	200mg	15%
Iron	.5mg	3%
Potassium	130mg	3%

Proprietary Blend 25g  
†Whey protein (milk), organic fava meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), choline bitartrate, inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape (seed) extract<sup>^</sup>, organic carrot, and red wine extract.

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Honey, selenium yeast, d-alpha tocopherol (vitamin E sunflower), starch, arabic gum, and calcium stearate.

<sup>^</sup>Includes Masquelier's® OPC-85

See [standardprocess.com](http://standardprocess.com) for supplement facts on other SP Complete flavors

## Available Size:

- SP Complete 27-Ounce Container

Please consult the actual product label for the most accurate product information

## PM

# SP Complete®, SP Complete® Dairy-Free, SP Complete® Chocolate, SP Complete® Vanilla



FOUNDATIONAL HEALTH

## Includes a Whole Food Matrix

### Flaxseed<sup>9</sup>

Flaxseed meal provides both beneficial fats and fiber. Flax is rich in alpha-linolenic acid (ALA): a plant-based omega-3 fatty acid that is a parent fatty acid to docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Flaxseed supports healthy bowel movement and elimination.

### Cruciferous vegetables<sup>10,11</sup>

Research from Standard Process shows some compounds in kale and Brussels sprouts promote the liver's natural


phase one and two detoxification processes in cell and animal models.

### Buckwheat<sup>12,13</sup>

Buckwheat contains phytoactives such as rutin, quercetin, cyanidin, and others that promote antioxidant activity.

### Grape seed extract<sup>14</sup>

SP Complete contains grape seed extracts, including Masquelier's® OPC-85, which is a well-researched phytonutrient that supports antioxidant activity.

Ingredients Grown on the Standard Process Certified Organic Farm				
Product	SP Complete®	SP Complete® Dairy Free	SP Complete® Chocolate	SP Complete® Vanilla
Protein Source	Whey and Rice	Rice	Whey and Rice	Whey and Rice
Protein	10g	13g	10g	10g
Calories	90	110	120	120
Fiber	2 g	4 g	4 g	4 g
Calcium	200 mg	200 mg	200 mg	200 mg
Sugars	†	†	<1 g	<1 g
Iron	0.5 mg	0.5 mg	2 mg	0.5 mg
Serving Size	2 Rounded Tablespoons (scoops)	2 Rounded Tablespoons (scoops)	4 Rounded Tablespoons (scoops)	4 Rounded Tablespoons (scoops)
Servings per Container	30	30	23	23

**FIGURE 2.** SP Complete is available in four formula options.

## REFERENCES

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More than  
**80%**  
of the raw plant ingredients used in our products are grown on our organic and sustainable farm

**Freshly picked crops**  
are often processed within a day to maintain vital nutrients

We harvest more than  
**6.5M**  
pounds of ingredients on our certified organic and sustainable farm

## Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.