Toxins are everywhere.

80,000 chemicals registered for use in the U.S.\(^1\)

800 million pounds of herbicides used each year\(^2\)

167 industrial chemicals found in adults with no employment-related exposure\(^3\)

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Toxins can contribute to:

- Fatigue or difficulty sleeping
- Skin issues
- Low libido
- Food cravings and weight gain
- Reduced mental clarity
- Joint discomfort
- Indigestion and other temporary gastrointestinal upset
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**
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**
The highly toxic substances produced in phase I convert to non-toxic molecules and become even more water-soluble.

**Phase III: Eliminate**
Water-soluble toxins leave your cells, and your body eliminates them.
Prepare for the journey.

Preparing your body in advance is essential to successful and safe detoxification. Your health care practitioner may address these topics to identify and remove triggers that could impact your journey.

**Deficiencies and Nutritive-Diet Issues**

Vitamin B₁₂, vitamin D, magnesium, methylation capacity, gastrointestinal conditions impacting nutrient absorption, estrogen metabolism, or malnutrition.

**Elimination Diet**

Are you a candidate? If so, you will remove foods from your diet and methodically add them back to identify adverse reactions to foods such as dairy, peanuts, eggs, soy, and gluten.⁵

Prepare for the journey (continued).

Your health care practitioner may also address these topics:

- **Diet Requirements**
  Based on your weight, how much protein must you consume during your program? Do you have dietary concerns like glucose management? Together you can customize a plan based on your unique needs.

- **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.

- **28-Day vs. 10-Day Program**
  You will discuss the results of your toxicity questionnaire. If you have significant toxin exposure, the 28-day program may be right for you.
Get to know your SP Detox Balance™ program.

**EASY**
Say goodbye to complicated nourishment schedules. Your all-in-one SP Detox Balance™ shakes take the guesswork out of daily prep so you can focus on making healthy choices.

**SAFE**
Improper removal of toxins can put stress on your body. Our guided program provides balanced and effective nutritional support for all three phases of detoxification.*

**HEALTHY**
From our organic and regenerative farming practices to our state-of-the-art manufacturing technologies, we bring you high-quality, nutrient-dense nourishment in a clean, more wholistic form.

Nutrition scientist approved!

*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.
SP Detox Balance™

✓ Supports your body's natural metabolic detoxification process*
✓ Easy to use: 1-3 shakes daily
✓ Great tasting, whole food-based shake with 17 grams of protein

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Scoop (27.5 g)</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Total Fat</td>
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<tr>
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<td>Total Carbohydrate</td>
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<td></td>
<td>Cholesterol</td>
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<tr>
<td></td>
<td>Sodium</td>
<td>1 g</td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>27 g</td>
</tr>
<tr>
<td></td>
<td>Vitamin B1</td>
<td>2 mg</td>
</tr>
<tr>
<td></td>
<td>Vitamin B6</td>
<td>0.4 mg</td>
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<td></td>
<td>Vitamin C</td>
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<tr>
<td></td>
<td>Calcium</td>
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<tr>
<td></td>
<td>Magnesium</td>
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<td></td>
<td>Zinc</td>
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<tr>
<td></td>
<td>Phosphorus</td>
<td>290 mg</td>
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</table>

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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**
Your SP Detox Balance™ program supports phase I enzymes. It also supports endogenous antioxidant enzymes that reduce stress on your body, such as tissue damage sometimes caused by phase I enzyme activities.

**SP Detox Balance™ delivers key nutrients.**

**Phase II: Neutralize**
Your SP Detox Balance™ program supplies key nutrients and amino acids needed to support phase II enzymes. These enzymes enhance the water solubility of toxins.

**SP Detox Balance™ delivers key nutrients.**

**Phase III: Elimination**
Your SP Detox Balance™ program provides your body with plant-based fiber and water, which aid in toxin elimination.

**SP Detox Balance™ delivers plant-based fiber to aid toxin elimination.**

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SP Detox Balance™

✓ Good source of plant-based Mg

- Yellow Pea Protein
- Flax Meal
- Sweet Potato
- Oats
- Pumpkin Seed Protein
- Buckwheat
- Carrot
- Spanish Black Radish
- Apple Pectin

✓ 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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# 10-DAY CONVENIENCE PROGRAM

Number of Shakes\(^{\wedge}\)
Per Day

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
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</thead>
<tbody>
<tr>
<td>WK1</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>WK2</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

1 Canister · Program Guide

*For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.*
## 28-DAY COMPREHENSIVE PROGRAM

**Number of Shakes^**

**Per Day**

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>WK1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>WK2</td>
<td>3</td>
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<td>3</td>
<td>3</td>
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<tr>
<td>WK3</td>
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<td>3</td>
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<td>3</td>
</tr>
<tr>
<td>WK4</td>
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<td>2</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

*For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.*
The alkaline difference.

The foods you eat can affect acidity levels in your body. Your SP Detox Balance™ shake plus diet regimen addresses this head-on. By providing your body with nourishment rich in alkaline minerals, you can lower your body's urinary-acid levels. Which, in turn, may help with toxin removal.*

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GET STARTED!

Step 1: Calculate your protein needs.
- Work with your health care practitioner to determine your daily protein target (see general guidelines below).
- Enter your protein goal in the upper right corner of your daily tracker.

Step 2: Stay on track.
- Log your shakes, protein, water, exercise, and mood daily.
- Use the notes section to record food intake and changes to your body or health conditions.

<table>
<thead>
<tr>
<th>BODY MASS</th>
<th>ADULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>110 lbs.</td>
<td>50 to 80</td>
</tr>
<tr>
<td>121 lbs.</td>
<td>55 to 88</td>
</tr>
<tr>
<td>132 lbs.</td>
<td>65 to 96</td>
</tr>
<tr>
<td>143 lbs.</td>
<td>65 to 104</td>
</tr>
<tr>
<td>154 lbs.</td>
<td>70 to 112</td>
</tr>
<tr>
<td>165 lbs.</td>
<td>75 to 120</td>
</tr>
<tr>
<td>176 lbs.</td>
<td>80 to 128</td>
</tr>
<tr>
<td>187 lbs.</td>
<td>85 to 135</td>
</tr>
<tr>
<td>198 lbs.</td>
<td>90 to 144</td>
</tr>
<tr>
<td>209 lbs.</td>
<td>95 to 152</td>
</tr>
<tr>
<td>220 lbs.</td>
<td>100 to 160</td>
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<tr>
<td>231 lbs.</td>
<td>105 to 168</td>
</tr>
<tr>
<td>243 lbs.</td>
<td>110 to 176</td>
</tr>
</tbody>
</table>

The protein difference.™

As you go through detoxification, you need to consume enough protein to support your body. Protein provides amino acids to help support detoxification pathways. Your health care practitioner can help you calculate your protein needs, which vary depending on body weight.

What balance looks like

Fill your plate with healthy vegetables, fruits, grains, and lean meats, fish, or vegan proteins like legumes and nuts.

Achieve balance by following the outlined plate proportions and daily serving sizes for each food category.

Get your macronutrients! The foods in your meal plan contain macronutrients — proteins, carbohydrates, and healthy fats. Aim to consume an equal amount of calories from each macronutrient.
Water

A hydrated body is a happy body. Water keeps cells hydrated, helps maintain a healthy balance of body fluids, and most importantly supports the elimination phase of your detoxification. Drink about eight to 10 glasses of water per day. Each glass should contain eight ounces of water.
Exercise

Get moving! Exercise not only facilitates the removal of toxins, but it also helps you maintain a healthy weight. Incorporate 30 to 45 minutes of exercise, targeting 10,000 steps or more, per day.
### Sample meals

<table>
<thead>
<tr>
<th>Breakfast Recipe</th>
<th>Lunch Recipe</th>
<th>Dinner Recipe</th>
<th>Snack Recipe</th>
<th>Enhanced Shake Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>#3</strong> Gluten-Free Pancakes</td>
<td><strong>#7</strong> Turkey Chili</td>
<td><strong>#2</strong> Chicken Piccata</td>
<td><strong>#1</strong> Avocado Chimichurri on Cucumber</td>
<td><strong>#3</strong> Creamy Strawberry</td>
</tr>
<tr>
<td><strong>#1</strong> Apple-Quinoa Breakfast Bowl</td>
<td><strong>#4</strong> Stuffed Bell Peppers</td>
<td><strong>#6</strong> Spiced Moroccan Meatballs</td>
<td><strong>#2</strong> Kale Chips</td>
<td><strong>#5</strong> Mango Madness</td>
</tr>
<tr>
<td><strong>#7</strong> Zucchini Bread</td>
<td><strong>#6</strong> Taco Salad</td>
<td><strong>#3</strong> Chipotle Salmon and Salsa</td>
<td><strong>#5</strong> Sesame Crackers</td>
<td><strong>#4</strong> Green Power</td>
</tr>
<tr>
<td><strong>#4</strong> Peach-Ginger Scones</td>
<td><strong>#1</strong> Buckwheat and Chickpea Salad</td>
<td><strong>#4</strong> Quick Bison Soup</td>
<td>N/A</td>
<td><strong>#6</strong> Orange Chia</td>
</tr>
<tr>
<td><strong>#2</strong> Curry Eggs</td>
<td><strong>#2</strong> Herbed Chicken and Pomegranate Salad</td>
<td><strong>#1</strong> Black Bean and Quinoa Chili</td>
<td>N/A</td>
<td><strong>#2</strong> Beet and Green</td>
</tr>
<tr>
<td><strong>#6</strong> Sprouted Buckwheat Bites</td>
<td><strong>#3</strong> Red Lentil and Squash Soup</td>
<td><strong>#5</strong> Quinoa and Beef Skillet</td>
<td>N/A</td>
<td><strong>#7</strong> Pear-Chai Balance</td>
</tr>
<tr>
<td><strong>#5</strong> Shrimp and Avocado Omelet</td>
<td><strong>#5</strong> Sunflower-Seed Veggie Burger</td>
<td><strong>#7</strong> Stuffed Sweet Potatoes</td>
<td>N/A</td>
<td><strong>#1</strong> Avocado Colada</td>
</tr>
</tbody>
</table>

- ✔ Easy to prepare meals
- ✔ Benefit of alkaline diet
- ✔ Quality protein
Welcome to the new you.

SP Detox Balance Program
Your guide to achieving long-term wellness.

Standard Process