Nutrient-rich bran and germ are removed, resulting in primarily empty, processed starch (flour).

Processed flour is often bleached to improve the appearance and texture of consumer goods.

Bleached flour is enriched by adding in a few isolated B vitamins and iron in an attempt to replace what has been removed.

Nutrient-deficient consumer goods with long shelf lives are the final result.

The Refining Process

Nutrients lost with the wheat’s bran and germ during refining:
- Protein
- Sugar
- Fiber
- Saturated fatty acids
- Monounsaturated fatty acids
- Polysaturated fatty acids
- Calcium
- Copper
- Iron
- Magnesium
- Phosphorus
- Potassium
- Selenium
- Sodium
- Zinc
- Vitamin A
- Vitamin C
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin E
- Folate
- Vitamin K
- Niacin
- Riboflavin
- Thiamin
- Carotene
- Lutein + zeaxanthin
- Many phytonutrients like:
  - Lignans
  - Phytoestrogens
  - Phenolic compounds
  - Tocotrienols
  - and many more...

Whole Food Supplements
www.standardprocess.com


