

Preparing For Your Detox Journey

Before starting a detoxification program, meet with your health care practitioner to discuss a plan that's right for you. Preparing your body in advance is essential to successful and safe detoxification. Your health care practitioner will check that you have the proper levels of nutrition to support metabolic detoxification, and help you identify and remove triggers that could impact your journey.

Your health care practitioner may address these topics:

- Deficiencies and nutritive-diet issues
- Coffee and alcohol consumption
- Elimination diet
- Length of program
- Diet requirements

“The biggest value to me, is that each and every time I complete a detoxification program, I learn more and more about my body and how I can continue to make improvements in my eating and my overall habits. Aging gracefully and healthfully is very important to me. Standard Process detoxification programs will continue to be an imperative part of my health and wellness plan.”

- Actual Patient Testimonial**

**Individual results may vary

THE STANDARD PROCESS DIFFERENCE

Changing Lives With Nutrition

Standard Process:

- Is committed to changing lives with a whole food philosophy
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Partners with health care professionals
- Has been trusted for generations, with products that have been transforming lives since 1929

At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.

1. Romilly E. Hodges and Deanna M. Minich, "Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application," *Journal of Nutrition and Metabolism* (2015): 16. <http://dx.doi.org/10.1155/2015/760689>
2. Joseph W. Thornton, Michael McCally, and Jane Houlihan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," *Public Health Reports* 117, no. 4 (2002): 315-23, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497458/pdf/12477912.pdf>

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Reboot your health.

Find out if detoxification is right for you.



Whole-body Detoxification

Reboot your health

Toxins can overburden your body's natural ability to detoxify and contribute to many health issues including fatigue or difficulty sleeping, indigestion, weight gain, reduced mental clarity, skin issues, joint discomfort and more.

Toxins are everywhere. You are exposed to them everyday in the air you breathe, the food you eat, the water you drink and the products you touch.^{1,2} Even your own body creates toxins simply by functioning.



Detoxify your body

Metabolic detoxification is your body's natural process of neutralizing and eliminating toxins from your body. This happens in a three-phase process during which your body needs key nutrients and phytonutrients to support itself.

Phase I: Unlock

The body transforms fat-soluble toxins 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 cells, and the body eliminates them.

Kick-start Healthy Habits



Standard Process and MediHerb® supplements were created to support your body during metabolic detoxification and your journey to healthy, life-long habits. Ask your health care practitioner which of these supplements are right for you.

SP Detox Balance™   

The SP Detox Balance program provides the body with additional nutritional support it may need to metabolize and expel toxins safely during each of the three phases of metabolic detoxification.*

Spanish Black Radish   

Spanish Black Radish provides support for the body's organs and normal toxin-elimination function.* Our research shows that Spanish black radish induces the body's detoxification enzymes in cell and animal models.

MediHerb LivCo®

LivCo aids in the elimination of naturally occurring toxins and cleanses the liver with a combination of Schisandra, Rosemary and Milk Thistle.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Contains ingredients grown on the Standard Process certified organic farm