



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.

Foundational Health

Health and Wellness

Preventative Care

Active Health Management

Condition-Specific Management

Specific System Support

Advanced Nutrition Therapy

Bundled Care Support Regimen
for Specific Health Systems

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 holistic health through whole food nutrition.

Practitioner Focused. Patient Driven.

Foundational Health

Health and Wellness

Preventative Care

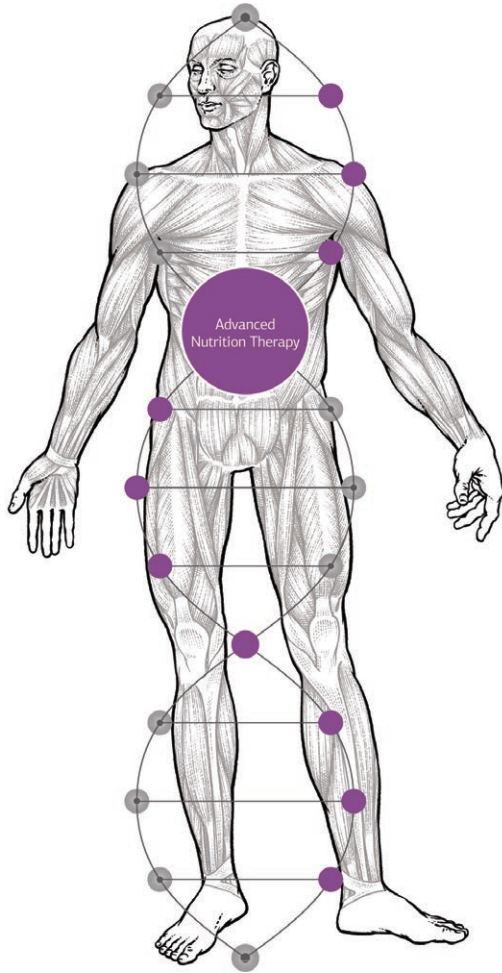
Active Health Management

**Condition-Specific
Management**

Specific System Support

**Advanced Nutrition
Therapy**

Bundled Care Support Regimen
for Specific Health Systems




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.¹ Additionally, phytonutrients help balance important body systems and support the processes ranging from oxidation to immune and metabolic responses.² 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.³ 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.

1. Thomas, D.T., K.A. Erdman, and L.M. Burke, Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Acad Nutr Diet*, 2016. **116**(3): p. 501-528.
2. Pingitore, A., et al., Exercise and oxidative stress: potential effects of antioxidant dietary strategies in sports. *Nutrition*, 2015. **31**(7-8): p. 916-22.
3. Heaton, L.E., et al., Selected In-Season Nutritional Strategies to Enhance Recovery for Team Sport Athletes: A Practical Overview. *Sports Medicine*, 2017. **47**(11): p. 2201-2218.



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](https://www.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.

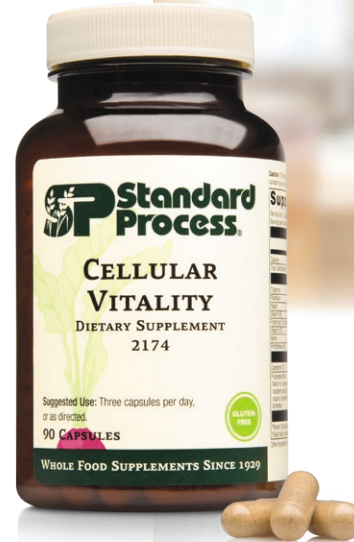


Cellular Vitality

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, rosavin 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.

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

¹ Kumar D, Jacob D, Subhash PS et al. J Funct Foods 2016; 22, 578-587

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Appendix

Calcium Lactate

Supplement Facts	
Serving Size: 6 Tablets Servings per Container: 15, 55 or 133	
Amount per Serving	%DV
Calories..... 5	
Total Carbohydrate..... 1 g.....	<1%*
Calcium..... 250 mg.....	25%
Magnesium..... 50 mg.....	10%

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

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

Cataplex® D

Supplement Facts		
Serving Size: 2 Tablets Servings per Container: 90 or 180		
	Amount per Serving	%Daily Value
Vitamin A.....	300 mcg RAE	35%
Vitamin D.....	40 mcg	200%
Calcium.....	40 mg	4%

Other Ingredients: Calcium lactate, milk powder, potassium citrate, glycine, cholecalciferol, sucrose, starch, calcium stearate, arabic gum, vitamin A palmitate, and ascorbic acid.

Cellular Vitality

Supplement Facts	
Serving Size: 3 Capsules Servings per Container: 30	
Amount per Serving	%DV
Calories..... 10	
Total Carbohydrates..... 1 g.....	<1%*
Thiamine..... 0.2 mg.....	15%
Riboflavin..... 0.3 mg.....	25%
Niacin..... 3 mg.....	20%
Vitamin B6..... 0.3 mg.....	20%
Folate (as 30 mcg folic acid).... 20 mcg DFE.....	4%
Vitamin B12..... 0.5 mcg.....	20%
Biotin..... 10 mcg.....	35%
Pantothenic Acid..... 1 mg.....	20%
Coenzyme Q10..... 80 mg.....	†
Proprietary Blend..... 890 mg.....	†

Multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, black raspberry seed and pomegranate seed), ribonucleic acid, organic mushroom powder (*Cordyceps sinensis*), American ginseng (root), and bromelain.

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

Other Ingredients: Quinoa sprouts, cellulose, calcium stearate, and water.

Ferrofood®

Supplement Facts	
Serving Size: 1 Capsule Servings per Container: 40 or 150	
Amount per Serving	%DV
Calories..... 2	
Vitamin C..... 30 mg.....	50%
Vitamin B12..... 1.7 mcg.....	30%
Iron..... 10 mg.....	60%
Proprietary Blend..... 234 mg	

Bovine liver†, bovine bone†, defatted wheat (germ)†, carboxymethyl, bovine spleen PMG™ extract†, veal bone†, bovine adrenal†, porcine duodenum†, carrot (root)†, choline bitartrate†, bovine spleen†, ovine spleen†, oat flour†, citric acid†, porcine stomach parenchyma†, dried alfalfa (whole plant) juice†, mushroom†, *Tillandsia usneoides*†, rice (bran)†, licorice (root)†, para-aminobenzoate†, magnesium citrate, flaxseed oil extract†, and bovine liver fat extract†.

†Daily Value (DV) not established.

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

Glucosamine Synergy®

Supplement Facts		
Serving Size: 1 Capsule		
Servings per Container: 90		
Amount per Serving	%Daily Value	
Manganese	1 mg	40%
Glucosamine Sulfate (from shellfish)	475 mg	†
Proprietary Blend	91 mg	†
<small>Indian frankincense (<i>Boswellia serrata</i>), calcium lactate, nutritional yeast, carbanils, bovine bone, veal bone PMG™ extract, bovine liver, defatted wheat (germ), bovine heart PMG™ extract, magnesium citrate, oat flour, inositol, organic dried pea (vine) juice, Spanish moss (<i>Waldstria usneoides</i>), ascorbic acid, carrot (root), riboflavin acid, organic beet (root), organic sweet potato, bovine liver fat extract, D-alpha tocopherol (vitamin E sunflower), bovine adrenal Cytosol™ extract, bovine kidney, bovine spleen, ovine spleen, para-aminobenzoate, organic reishi mushroom powder, organic shiitake mushroom powder, vitamin A palmitate, rice (bran), sunflower lecithin powder, cholecalciferol, organic flaxseed oil extract, and cyanocobalamin.</small>		
†Daily Value not established.		

Other Ingredients: Gelatin, calcium stearate, water, manganese glycero-phosphate, starch, dicalcium phosphate, and sucrose.

Ligaplex® I

Supplement Facts		
Serving Size: 2 Capsules		
Servings per Container: 75		
Amount per Serving	%Daily Value	
Cholesterol	<5 mg	2%
Vitamin A	70 mcg RAE	8%
Vitamin C	2 mg	2%
Vitamin E	1.1 mg	8%
Vitamin B12	5.8 mcg	240%
Phosphorus	20 mg	2%
Manganese	55 mg	2,300%
Proprietary Blend	770 mg	†
<small>Bovine bone, calcium lactate, organic dried pea (vine) juice, oat flour, bovine liver, veal bone PMG™ extract, bovine kidney, organic beet (root), inositol, nutritional yeast, organic dried Swiss chard (beet leaf) juice, organic dried buckwheat (oat part) juice, organic buckwheat (seed), riboflavin acid, carrot (root), organic sweet potato, bovine adrenal Cytosol™ extract, bovine spleen, ovine spleen, para-aminobenzoate, organic shiitake mushroom powder, organic reishi mushroom powder, sunflower lecithin powder, and carrot oil.</small>		
†Daily Value not established.		

Other Ingredients: Manganese lactate, pellicin, water, calcium stearate, dicalcium phosphate, starch, D-alpha tocopherol (vitamin E sunflower), ascorbic acid, vitamin A palmitate, and cyanocobalamin.

OPC Synergy®

Supplement Facts		
Serving Size: 1 Capsule		
Servings per Container: 40		
Amount per Serving	%DV	
Calories	1.5	
Proprietary Blend	410 mg	†
<small>Dried buckwheat (leaf and juice), green tea (leaf) powder†, carrot (root)†, grape seed extract (Masquelier's® Original OPC included)†, red wine extract†, green tea (leaves) extract†, and bilberry (fruit) extract†.</small>		
†Daily Value (DV) not established.		

Other Ingredients: Gelatin, water, maltodextrin, and calcium stearate.

MediHerb® Rhodiola & Ginseng Complex

Supplement Facts		
Serving Size: 1 Tablet		
Servings per Container: 60		
Amount per Serving	%DV	
Rhodiola root 4:1 extract from <i>Rhodiola rosea</i> root 600 mg	150 mg	†
<small>Containing rosvinsins 4.5 mg and salidroside 1.5 mg</small>		
Korean Ginseng root 5:1 extract from <i>Panax ginseng</i> root 500 mg	100 mg	†
<small>Containing ginsenosides* 8.4 mg</small>		
†Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, sodium starch glycolate, dextrose, hypromellose and magnesium stearate.

*Rb2 to Rb1 is NLT 0.4 by HPLC

MediHerb® Turmeric Forte

Supplement Facts		
Serving Size: 1 Tablet		
Servings per Container: 60		
Amount per Serving	%DV	
Fenugreek seed 5.5:1 extract from <i>Tigonella foenugreek</i> seed 731.5 mg	133 mg	†
Turmeric rhizome 55:1 extract from <i>Curcuma longa</i> rhizome 6.44 g	117 mg	†
<small>Containing curcuminoids 101.3 mg Containing curcumin 82.5 mg</small>		
†Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hypromellose and dibasic calcium phosphate dihydrate.







CHANGING LIVES

with wholistic nutrition from
practitioner to patient



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