

# SP Detox Balance™ Program

Your guide to whole-body detoxification

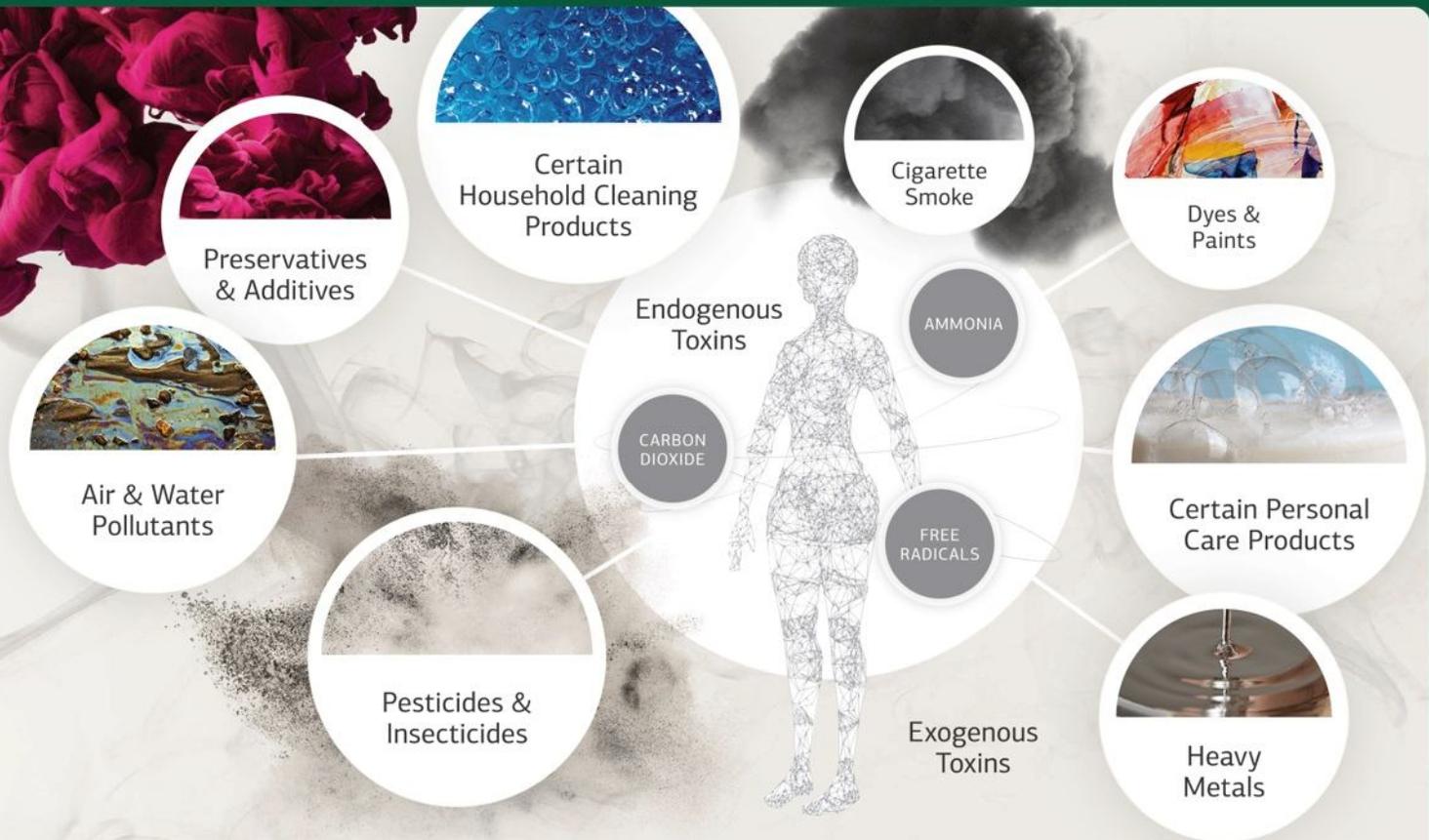


Toxins are everywhere.

**80,000**  
chemicals registered  
for use in the U.S.<sup>1</sup>

**800**  
million pounds of herbicides  
used each year<sup>2,3</sup>

**167**  
industrial chemicals found  
in adults with no employment-  
related exposure<sup>4</sup>



1. "About," National Toxicology Program, US Department of Health and Human Services, accessed March 13, 2018, <https://ntp.niehs.nih.gov/about/index.html>.  
2. Arthur Grube, David Donaldson, Timothy Kieley and La Wu, "Pesticides Industry Sales and Usage 2006 and 2007 Market Estimates," Washington, D.C.: United States Environmental Protection Agency February 2011, PDF e-book, [http://www.epa.gov/sites/production/files/2015-10/documents/market\\_estimates2007.pdf](http://www.epa.gov/sites/production/files/2015-10/documents/market_estimates2007.pdf).  
3. Michael N. Antoniou et al., "Concerns Over Use of Glyphosate-Based Herbicides and Risks Associated with Exposures: a Consensus Statement," Environmental Health 15, no. 1 (2016): 1-13. <https://doi.org/10.1186/s12940-016-0117-0>.  
4. Joseph W. Thornton, Michael McCally, and Jane Houlahan, "Biomonitoring of Industrial Pollutants: Health and Policy Implications of the Chemical Body Burden," Public Health Reports 117, no. 4 (2002): 315-23.



# Toxins can contribute to:



**FOOD CRAVINGS  
AND WEIGHT GAIN**



**FATIGUE OR  
DIFFICULTY SLEEPING**



**SKIN ISSUES**



**LOW LIBIDO**



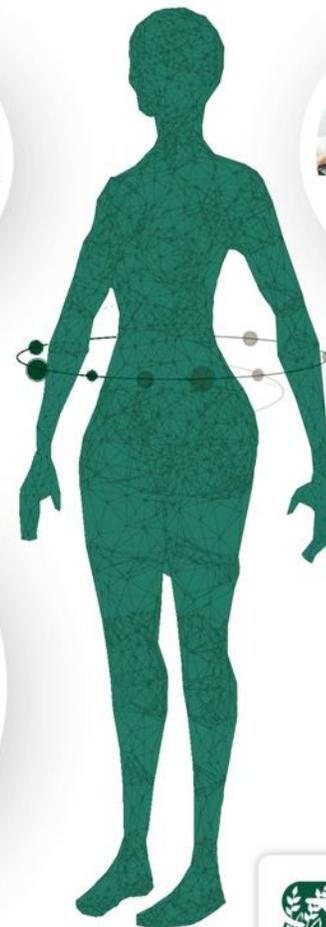
**REDUCED MENTAL  
CLARITY**



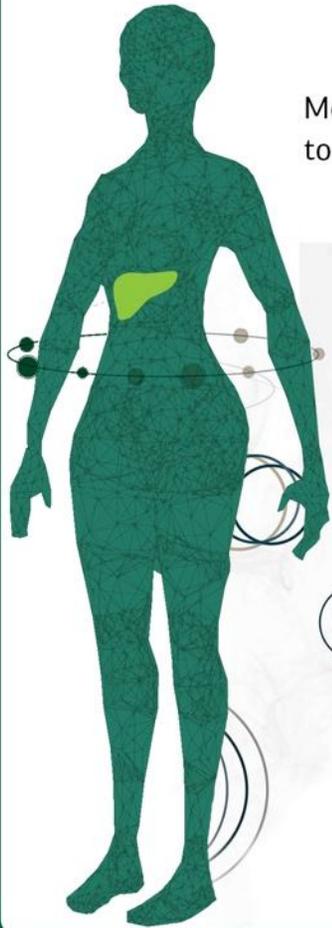
**JOINT  
DISCOMFORT**



**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 1**  
ENZYMES  
(MAINLY CYP450)

**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 2**  
ENZYMES  
(CONJUGATION  
PHASE)

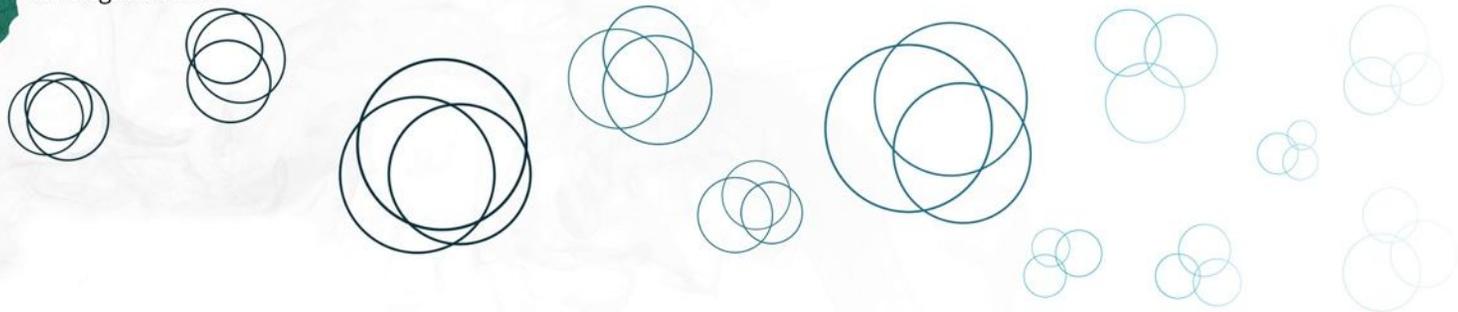
**Phase II: Neutralize**

The highly toxic substances produced in phase I convert to non-toxic molecules and become even more water-soluble.

**PHASE 3**  
ELIMINATION

**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 B<sub>12</sub>, 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.<sup>5</sup>

5. "Handout: Elimination Diet Patient," University of Wisconsin Family Medicine & Community Health, accessed March 13, 2018, [http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout\\_elimination\\_diet\\_patient.pdf](http://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_elimination_diet_patient.pdf).

# 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

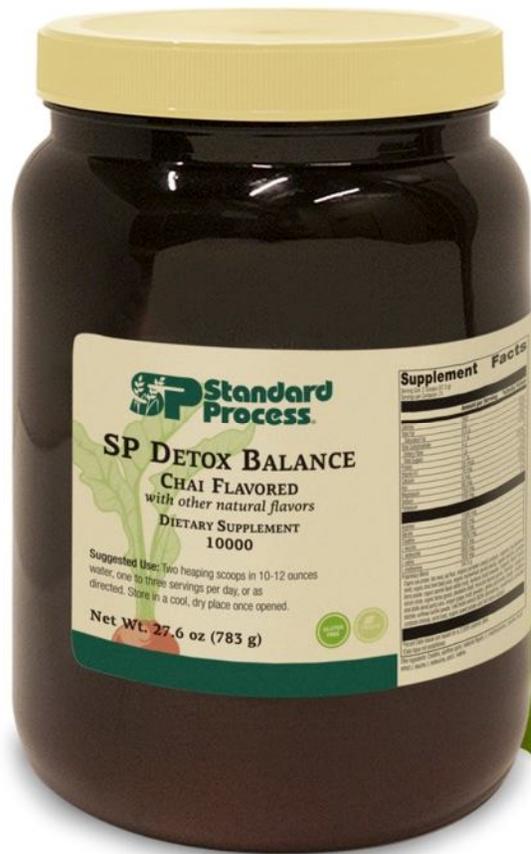
From our organic and regenerative farming practices to our state-of-the-art manufacturing technologies, we bring you high-quality, nutrient-dense nourishment in a clean, more holistic form.



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

Serving Size: 2 Scoops (37.3 g)  
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	2%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	15%
Sodium	150 mg	7%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
Creatine	600 mg	†
L-leucine	1600 mg	†
L-isoleucine	850 mg	†
L-valine	900 mg	†
L-methionine	300 mg	†
Proprietary Blend	34.5 g	†
<small>Organic pea protein, flax meal, oat flour, organic pumpkin (seed) protein, organic buckwheat (seed), organic dried beet (leaf) juice, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic spanish black radish (root), burdock (root) powder, organic beef (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic dried alfalfa (aerial parts) juice, oregon grape (root) powder, globe artichoke (leaf), choline bitartrate, sunflower lecithin powder, milk thistle extract (80% silymarin), mushroom powder (cordyceps sinensis), carrot (root), organic sweet potato and red wine extract.</small>		

\*Percent Daily Values are based on a 2,000 calorie diet.

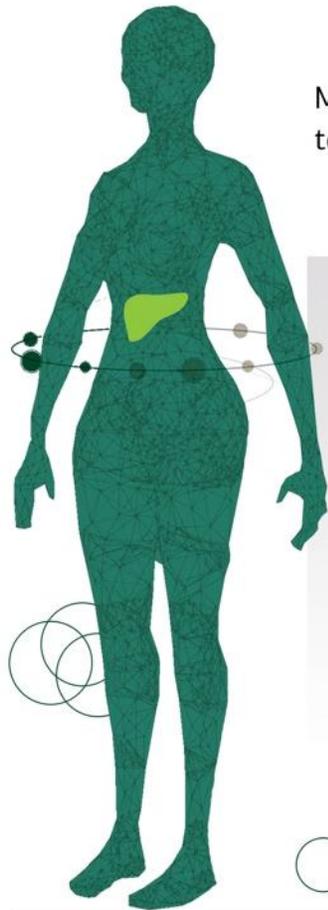
†Daily Value not established.

Other ingredients: Creatine, xanthan gum, natural flavor, L-methionine, monk fruit extract, L-leucine, L-isoleucine, and L-valine.

\*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.



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 1**  
ENZYMES  
(MAINLY CYP450)

**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 2**  
ENZYMES  
(CONJUGATION  
PHASE)

**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 3**  
ELIMINATION

**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.**

\*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™

✓ Good source of plant-based Mg



- ✓ Provides amino acids required for conjugation enzymes and whole body support through detoxification with a unique protein and amino acid blend<sup>6\*</sup>
- ✓ Good source of dietary fiber to support elimination<sup>7\*</sup>
- ✓ Whole food-based shake to support the body's natural metabolic detoxification process<sup>6\*</sup>
- ✓ 17 grams of vegan protein

6. Hodges, R. E.; Minich, D. M., Modulation of Metabolic Detoxification Pathways Using Foods and Food-Derived Components: A Scientific Review with Clinical Application. J Nutr Metab 2015, 2015, 760689.  
7. Gropper SAS, Smith JL, Carr TP. Advanced nutrition and human metabolism. Boston, MA: Cengage Learning; 2018

\*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.



# 10-DAY CONVENIENCE PROGRAM

Number of Shakes<sup>^</sup>  
Per Day



1 Canister · Program Guide

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	2	2	3	3	3	3
WK2	2	1	1				

<sup>^</sup>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<sup>^</sup>  
Per Day



3 Canisters · Program Guide · Shaker

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WK1	1	1	1	2	2	2	2
WK2	3	3	3	3	3	3	3
WK3	3	3	3	3	3	3	3
WK4	2	2	2	1	1	1	1

<sup>^</sup>For each shake, mix two heaping scoops of SP Detox Balance™ powder with 10 to 12 ounces of liquid.





## The alkaline difference.<sup>8,9</sup>

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.\*

\*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.

8. Daniel König, Klaus Müsser, Hans-Hermann Dickhut, Aloys Berg, and Peter Deibert, "Effect of a Supplement Rich in Alkaline Minerals on Acid-Base Balance in Humans," *Nutrition Journal* 8 (2009): 1-2, <https://doi.org/10.1186/1475-2891-8-23>.  
9. Deanna M. Minich and Jeffrey S. Bland, "Acid-Alkaline Balance: Role in Chronic Disease and Detoxification," *Altern Ther Health Med* 13, no. 4 (July/August 2007): 62-65, <https://www.ncbi.nlm.nih.gov/pubmed/17658124>.



## 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.

BODY MASS	ADULTS Est. Daily Protein Goal (Grams per Day)
110 lbs.	50 to 80
121 lbs.	55 to 88
132 lbs.	60 to 96
143 lbs.	65 to 104
154 lbs.	70 to 112
165 lbs.	75 to 120
176 lbs.	80 to 128
187 lbs.	85 to 136
198 lbs.	90 to 144
209 lbs.	95 to 152
220 lbs.	100 to 160
231 lbs.	105 to 168
243 lbs.	110 to 176

## The protein difference.<sup>10</sup>

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.

10. Melissa Bernstein and Nancy Munoz, "Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness," *Journal of the Academy of Nutrition and Dietetics* 112, no. 8 (2012): 1255-1277, <https://doi.org/10.1016/j.jand.2012.06.015>.





## 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<sup>11</sup>

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.

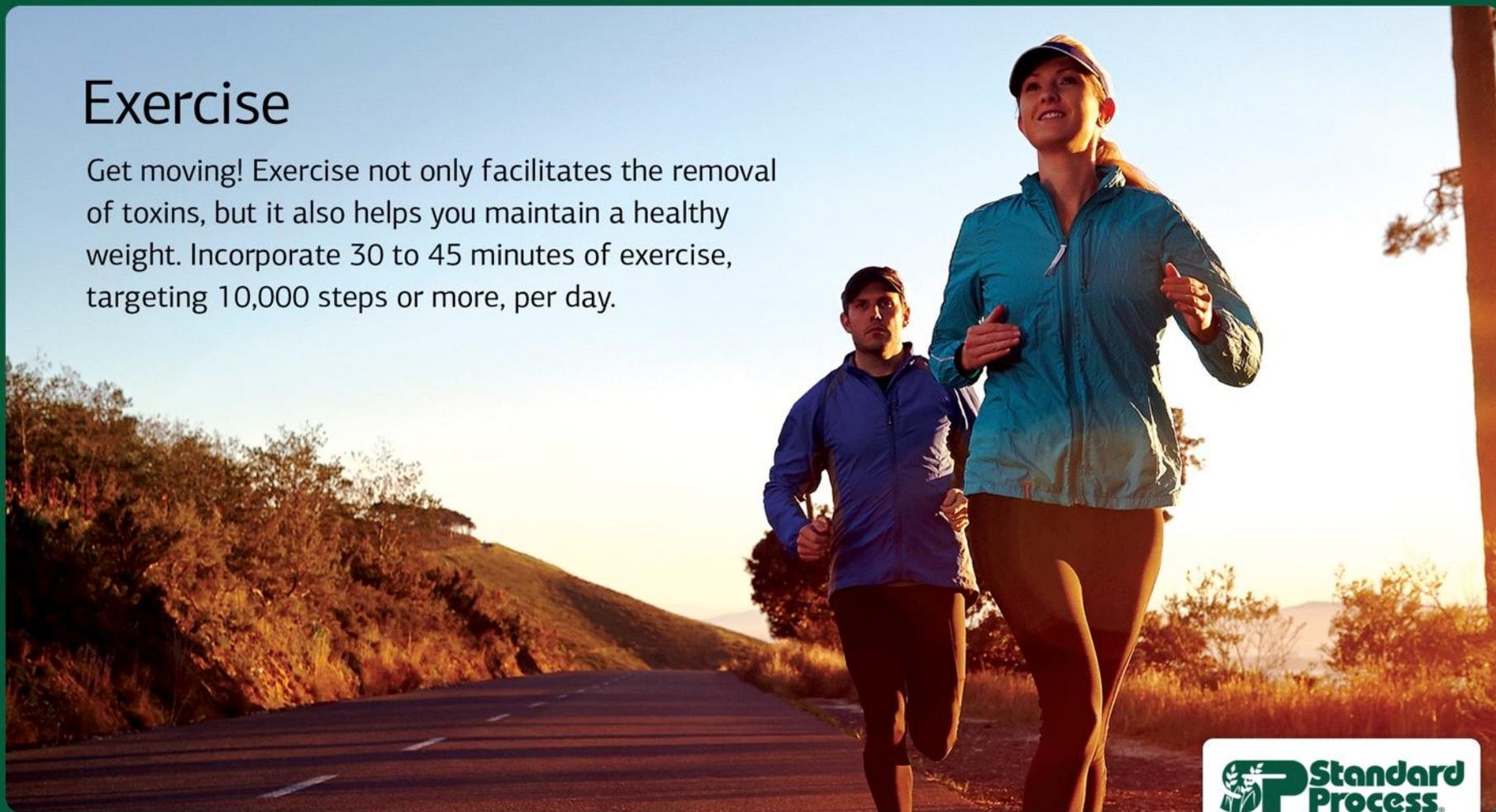


11. Barry M. Popkin, Kristen E. DeLany, and Irwin H. Gotto, "Water, Hydration, and Health," *Nutrition Reviews* 68: no. 6 (2006): 439-449. <https://doi.org/10.1111/j.1365-3113.2006.03302.x>



# 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

✓Easy to prepare meals   ✓Benefit of alkaline diet   ✓Quality protein

This could be a 1 Shake Day Have this enhanced shake with breakfast!	This could be a 1 Shake Day Have this enhanced shake with lunch!	This could be a 1 Shake Day Have this enhanced shake with dinner!	This could be a 2 Shake Day Replace one chai flavor shake with this enhanced shake.	This could be a 2 Shake Day Replace one chai flavor shake with this enhanced shake.	This could be a 3 Shake Day Replace one chai flavor shake with this enhanced shake.	This could be a 3 Shake Day Replace one chai flavor shake with this enhanced shake.
<b>BREAKFAST RECIPE #3</b> Gluten-Free Pancakes	<b>BREAKFAST RECIPE #1</b> Apple-Quinoa Breakfast Bowl	<b>BREAKFAST RECIPE #7</b> Zucchini Bread	<b>BREAKFAST RECIPE #4</b> Peach-Ginger Scones	<b>BREAKFAST RECIPE #2</b> Curry Eggs	<b>BREAKFAST RECIPE #6</b> Sprouted Buckwheat Bites	<b>BREAKFAST RECIPE #5</b> Shrimp and Avocado Omelet
<b>LUNCH RECIPE #7</b> Turkey Chili	<b>LUNCH RECIPE #4</b> Stuffed Bell Peppers	<b>LUNCH RECIPE #6</b> Taco Salad	<b>LUNCH RECIPE #1</b> Buckwheat and Chickpea Salad	<b>LUNCH RECIPE #2</b> Herbed Chicken and Pomegranate Salad	<b>LUNCH RECIPE #3</b> Red Lentil and Squash Soup	<b>LUNCH RECIPE #5</b> Sunflower-Seed Veggie Burger
<b>DINNER RECIPE #2</b> Chicken Piccata	<b>DINNER RECIPE #6</b> Spiced Moroccan Meatballs	<b>DINNER RECIPE #3</b> Chipotle Salmon and Salsa	<b>DINNER RECIPE #4</b> Quick Bison Soup	<b>DINNER RECIPE #1</b> Black Bean and Quinoa Chili	<b>DINNER RECIPE #5</b> Quinoa and Beef Skillet	<b>DINNER RECIPE #7</b> Stuffed Sweet Potatoes
<b>SNACK RECIPE #1</b> Avocado Chimichurri on Cucumber	<b>SNACK RECIPE #2</b> Kale Chips	<b>SNACK RECIPE #6</b> Sesame Crackers	N/A	N/A	N/A	N/A
<b>ENHANCED SHAKE RECIPE #3</b> Creamy Strawberry	<b>ENHANCED SHAKE RECIPE #5</b> Mango Madness	<b>ENHANCED SHAKE RECIPE #4</b> Green Power	<b>ENHANCED SHAKE RECIPE #6</b> Orange Chia	<b>ENHANCED SHAKE RECIPE #2</b> Beet and Green	<b>ENHANCED SHAKE RECIPE #7</b> Pear-Chai Balance	<b>ENHANCED SHAKE RECIPE #1</b> Avocado Colada



Welcome to  
the new you.



 **Standard  
Process.**