

## Why Choose SP Green Food?

- SP Green Food offers a convenient and effective way to obtain whole food nutrition that:
  - Supports the liver in removing toxins
  - Supplies powerful antioxidant protection to help maintain healthy cells and keep free radicals in check\*
- SP Green Food ingredients are grown on our certified organic farm
- Harvesting and processing are completed on the same day for optimal freshness and potency
- Our low-temperature, high-vacuum drying technique ensures nutrients are retained during manufacturing
- Bacterial testing and analysis occurs during all phases of processing, ensuring a high-quality product



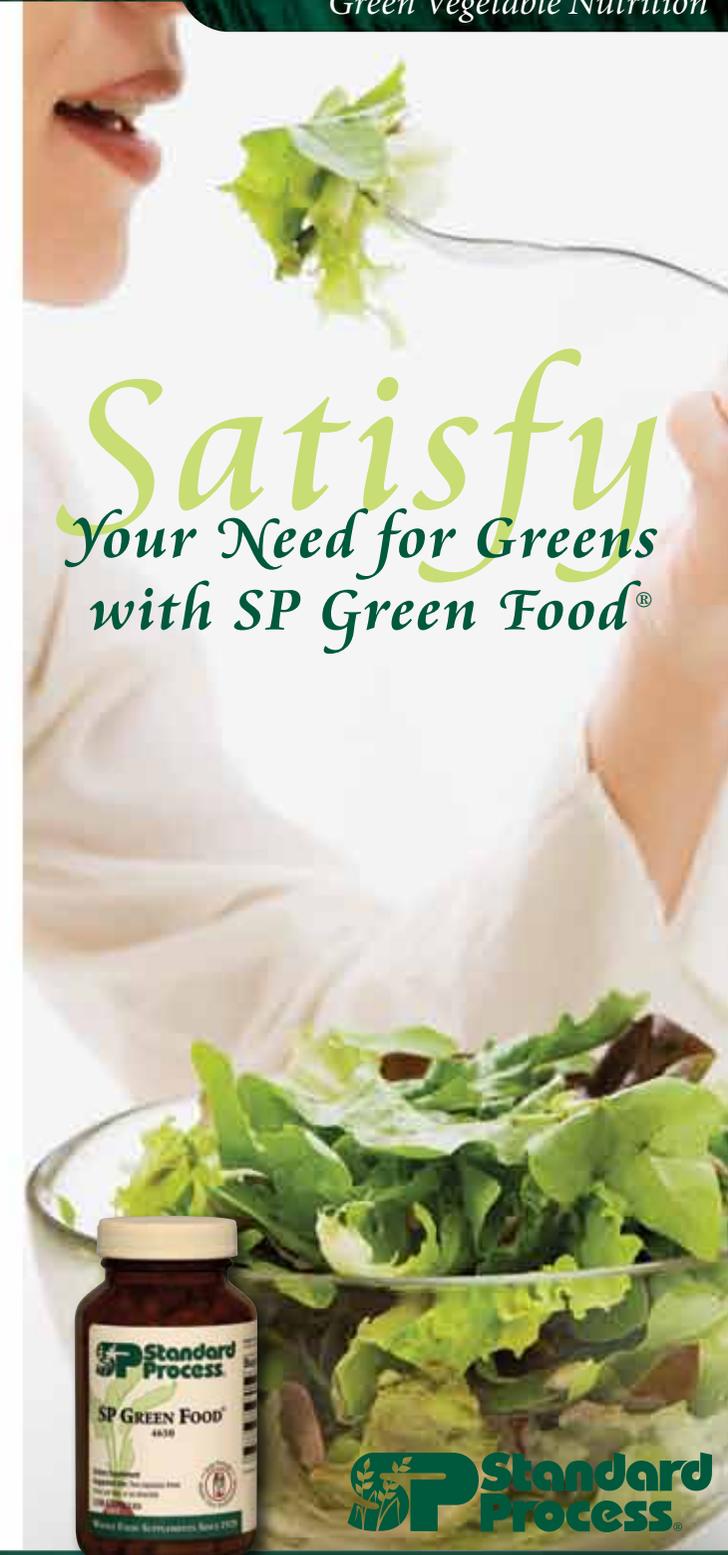
*The steps we take, from seed to supplement®, make all our products safe and effective. We offer you only the best nature has to offer in every bottle.*

# Quality

*From Seed to Supplement®*

*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.*

*Satisfy Your Need for Greens with SP Green Food®*



SP Green Food can add vital nutrients to any diet, and it can be used for extra nutrition in the Standard Process Purification Program. The ingredients in SP Green Food support the body during purification by filtering excess toxins from the liver and combating free radical damage. Please consult with your health care professional or visit [www.standardprocess.com](http://www.standardprocess.com) for more information on the benefits of purification.\*



[www.standardprocess.com](http://www.standardprocess.com)

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# There's More Than One Way to Get Your Greens

*You've heard it a thousand times growing up:  
"Remember to eat your vegetables."*

However, we often ignore this advice and eat whatever is fast and convenient, not necessarily the most nutritious. The USDA recommends that we eat 5 to 9 servings of fruits and vegetables daily, but most people find it hard to fit in the minimum, especially children.

To easily supplement your diet with the greens you need, look to SP Green Food. It supplies whole food, organically grown green food concentrates to give you what your body is craving.

☞ SP Green Food contains five whole food ingredients grown on our certified organic farm:

*Buckwheat, barley grass, Brussels sprouts, kale, and alfalfa*

☞ These foods provide effective support to the body's many different systems, including:  
*Immune, cardiovascular, bone, and organ/purification*

☞ Without these and other green vegetables in our diets, we are depriving our bodies of:  
*Vitamins (A, B, C, E, K), folic acid, and other important minerals and antioxidants*

☞ Deficiencies could be detrimental at any age, but especially for pregnant women and children. SP Green Food provides important nutrients, in a form that is easily assimilated and used by the body.\*



## Who Knew? Interesting Facts About the Ingredients in SP Green Food

- ☞ Brussels sprouts and kale, cruciferous vegetables, protect cells from abnormal growth and division, improve cholesterol metabolism, provide antioxidant protection (especially for the eyes), and help remove toxins from the liver.\*
- ☞ Buckwheat provides the essential amino acid lysine, which is required by the body for optimum growth. Buckwheat also has the highest protein of any grain besides oat flour. Buckwheat protein extract has been shown to help increase muscle mass and reduce body fat, essential to purification. This ingredient contains powerful antioxidants that help detoxify the liver.\*

- ☞ Barley grass combines a balanced and easily absorbed blend of beta carotene and B-complex and C vitamins—all providing antioxidant support—plus the minerals potassium, calcium, iron, phosphorus, and magnesium.\*
- ☞ Alfalfa, an easily absorbed source of protein, vitamins, and minerals, was used by the Greeks to treat bladder and kidney conditions. Today it is used for indigestion, as well as ridding external toxins from the body.\*

