



STANDARD PROCESS Purification Program

Your 21-day guide for purifying, nourishing, and
maintaining a healthy body & lifestyle




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Why Purification?

The Standard American Diet is overloaded with added sugars, processed foods, and excess portions. Environmental toxins are everywhere with over 80,000 chemicals registered for use in the U.S. **The good news is, we can help.**

A woman with long brown hair, wearing a yellow long-sleeved shirt, is shown in profile from the chest up. She is holding a whole orange to her lips with her right hand and a slice of orange in her left hand. She has her eyes closed and a peaceful expression, suggesting she is savoring the fruit. The background is a bright, outdoor setting with green trees and a clear sky, indicating a sunny day.

*“This program has made me mindful
of everything I am consuming and
how that impacts my body.”*

- HEATHER F.
Program participant

The SP Purification Program helps you rebuild your body from the inside out.

It's a structured plan for purifying, nourishing, and maintaining a healthy lifestyle. It also supports the maintenance of healthy weight when combined with healthy habits.*

Best of all — **when the program is over, you'll feel renewed, energized, and more in tune with your body.**

Our 21-day Purification Program emphasizes whole, organic, unprocessed foods while temporarily removing common dietary stressors. For the first 10 days, participants consume a variety of vegetables and fruits, with select proteins added beginning on day 11.

The structured progression supports natural detoxification pathways, nutrient repletion, and the adoption of healthier long-term eating habits.





Purification Supports Detoxification

The SP Purification Program is a structured plan that helps support your body's natural detoxification systems — the liver, kidneys, and intestines — to work more efficiently. By combining nutrient-dense whole foods with carefully selected supplements, the program supports your body's toxic load reduction, improving digestion and kidney function, and encouraging a healthier balance in your gut.*

These combined benefits can help cleanse the body from the inside out, giving you a stronger foundation for energy, resilience, and long-term wellness.



Toxin removal can contribute to:



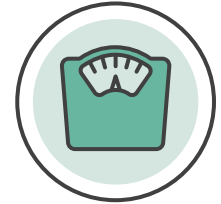
Increased energy



Better digestion



Decreased cravings



Weight management



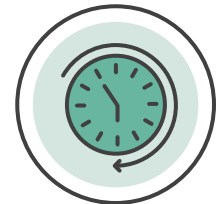
Clearer skin



Clearer thinking



Healthier hair



Better sleep

Preparing for Purification

Your Path to a Successful Reset

Preparing your body before beginning the 21-Day Purification Program can make your experience smoother and more effective. Start by focusing on hydration, fiber, and balanced blood sugar — three foundational steps that support your body's natural detoxification systems.



HYDRATE

Your liver, kidneys, skin, intestines, and lymphatic system all rely on water to eliminate toxins. Begin to replace coffee, soda, juice, and energy drinks with fresh, purified water. Aim to drink half your body weight in ounces of water each day, adjusting for activity level and climate.

INCREASE FIBER

Most adults consume less than half of the recommended daily fiber intake. Add fiber-rich foods gradually to help your body adjust. Incorporate one new fiber source each day — such as vegetables, fruits, beans, lentils, or seeds — to support healthy digestion and elimination.

BALANCE BLOOD SUGAR

A short 10-15-minute walk after meals can help reduce blood sugar spikes. Stabilizing blood sugar before starting the program can minimize detox-related symptoms such as fatigue, headaches, or cravings.

Supportive Supplements

These products can help your body prepare for purification by supporting digestive health, blood sugar balance, and metabolic readiness:

Zypan®

Supports healthy digestion and nutrient breakdown*

Magnesium Lactate

Supports energy production and muscle relaxation.*

MediHerb® Metabol Complex

Supports metabolic efficiency and energy balance*

Spanish Black Radish

Helps support normal liver and gallbladder function*



YOUR HEALTH CARE PROFESSIONAL MAY ADDRESS THESE TOPICS



NUTRIENT DEFICIENCIES

It's essential that deficiencies of key nutrients, such as vitamin B₁₂, vitamin D, and magnesium, are addressed, along with any gastrointestinal concerns that lead to poor nutrient absorption.



COFFEE & 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.



DIET REQUIREMENTS

Based on your weight, how much protein should you consume during your program? Do you have dietary concerns, such as glucose management? Together, you can customize a plan based on your unique needs.



MEDICATIONS & SUPPLEMENTS

Based on your health history and goals, your health care professional can help you decide if you should continue taking medications or other supplements during this program.

Program Basics

What supplements will I use during Purification?



SP Cleanse®

Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.* It also:

- Supports healthy kidney, liver and gallbladder function*
- Supports processes involved in healthy digestive function*
- Helps regulate pathways in the body's natural toxin-elimination function*



SP Green Food®

Provides phytonutrients from organic whole food-based sources including alfalfa, Brussels sprouts, and kale, and is a simple way to supplement the diet.*

- Promotes healthy liver function*
- Supports overall cellular health*
- Our preclinical research shows compounds in kale and Brussels sprouts promote the liver's natural detoxification pathway.*



Gastro-Fiber®

A mix of psyllium husk powder, collinsonia root powder, apple pectin, fennel seed, and fenugreek seed powder.

OR



Whole Food Fiber

A good source of dietary fiber from nutrient-rich whole foods.

Both help:

- Support healthy elimination*
- Encourage a healthy intestinal environment to help maintain proper intestinal flora*

Ask your health care professional which fiber product they recommend!

SP Complete®, SP Complete® Chocolate, SP Complete® Vanilla (all with whey protein), or SP Complete® Dairy Free (with rice protein)

Offers essential whole food nutrition in a convenient powder.* Each variety also:

- Provides amino acids
- Supports intestinal, muscular, and immune system health*
- Provides ingredients with antioxidant activity*
- Supports healthy liver function*
- Supports the body's normal toxin-elimination function*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle*



*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.

Supplement Regimen

Follow this guide below, or as directed by your health care professional.



Scan or Click the QR Code
For a full supplement schedule

Supplement Protocol Days 1-7

SP Cleanse®	
AMOUNT	FREQUENCY
7 capsules	3x/day
SP Complete® (any of the four flavors options below)	
Unflavored OR Dairy Free	
AMOUNT	FREQUENCY
2 tbs*/shake	2-3/day
Chocolate OR Vanilla	
AMOUNT	FREQUENCY
4 tbs*/shake	2x/day
Gastro-Fiber®	
AMOUNT	FREQUENCY
3 capsules	3x/day
Whole Food Fiber®	
AMOUNT	FREQUENCY
1 level tbs*/shake	2-3/day

Supplement Protocol Days 8-21

SP Green Food®	
AMOUNT	FREQUENCY
5 capsules	2x/day
SP Complete® (any of the four flavors options below)	
Unflavored OR Dairy Free	
AMOUNT	FREQUENCY
2 tbs*/shake	2-3/day
Chocolate OR Vanilla	
AMOUNT	FREQUENCY
4 tbs*/shake	2x/day
Gastro-Fiber®	
AMOUNT	FREQUENCY
3 capsules	3x/day
Whole Food Fiber®	
AMOUNT	FREQUENCY
1 level tbs*/shake	2-3/day

Additional Purification and Post-Purification Supplementation

Veg-E Complete™ Pro OR Whey Pro Complete	
AMOUNT	FREQUENCY
Tuna Omega-3 Oil (softgels) OR Tuna Omega-3 Chewable	
AMOUNT	FREQUENCY
MediHerb® Gymnema	
AMOUNT	FREQUENCY
ProSynbiotic	
AMOUNT	FREQUENCY
General Health Convenience Packs (Individual packs that contain Catalyn®, Trace Minerals-B ₁₂ ™, and Tuna Omega-3 Oil)	
AMOUNT	FREQUENCY

*1 tablespoon=1 rounded scoop

Additional Supplementation Your Health Care Professional May Recommend



Veg-E Complete Pro™ (Chocolate or Vanilla):

An organic multisource blend of plant-based protein powder and an excellent source of protein and iron with delicious vanilla or chocolate flavor.



Tuna Omega-3 Oil or Tuna Omega-3 Chewable:

Delivers essential omega-3 fatty acids and supports the body's natural inflammatory response function.*



Whey Pro Complete:

Supports weight management by increasing satiety and also supports the body's muscle growth and repair processes.*



MediHerb® Gymnema:

Helps reduce sweet cravings and helps suppress/inhibit sweet taste sensation.*



Biofilm ProBalance™:

Helps establish a healthy microbial balance for anyone experiencing intestinal discomfort.*



ProSynbiotic:

Supports healthy gut flora and overall intestinal health.*

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A person wearing a colorful, striped knit sweater is preparing a tray of fresh fruits and vegetables on a kitchen counter. The tray is filled with various items including orange slices, cantaloupe, radishes, and green onions. The person is holding a small glass bowl of chopped green onions, ready to add them to the tray. The scene is brightly lit, suggesting a sunny day.

21-Day Purification Pantry

Nourishing yourself with nutrient-rich foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Whenever possible, choose fresh or frozen organic vegetables and fruits. If you do use canned foods, look for cans labeled “organic” and “BPA-free” to minimize chemical exposure.

Vegetables

You can eat an unlimited amount of vegetables. Your vegetable intake should be twice the amount of fruit intake.

SERVING SIZE	1/2 CUP
SERVINGS	UNLIMITED
Fresh juices made from vegetables allowed	
Steam or stir-fry most vegetables for 4 minutes over low heat, but best to consume half of the total amount raw	
Fresh herbs and spices optional	

Fruit

Keep in mind that you should eat twice as many servings of vegetables as fruits.

SERVING SIZE	1/2-3/4 CUP
SERVINGS	1-2 PER DAY
Use organic when possible	

Legumes and Pseudo-Grains

SERVING SIZE	1/2 CUP COOKED
SERVINGS	1-2 PER DAY
Use organic when possible	

Oils and Fats

SERVING SIZE	1 TSP
SERVINGS	4-7 TSP PER DAY
Should be cold pressed and unprocessed	
Use organic, high-quality oils when possible	

Protein Sources

Days 1-10

- Ask your health care professional about adding Veg-E Complete Pro™ or Whey Pro Complete to each SP Complete® Shake for additional protein

Days 11-21

- Deep-sea fish (e.g., salmon, cod, or sea bass), not farm raised
- Lean red meats (e.g., grass-fed beef or venison)
- Poultry (organic, free-range)
- Wild game, any variety

SERVING SIZE	3-5 OZ (SHOULD BE ROUGHLY SIZE OF PALM)
SERVINGS	2-4 PER DAY, WITH 1-2 SERVINGS BEING FISH
Broil, bake, roast, or poach	
No cured, smoked, or luncheon meats	

Refrain From Consuming or Using:

- Alcohol, caffeine, tobacco or other stimulants (taper off before you begin your program to lessen potential headaches).
- Dairy
- Eggs
- Grains (wheat, rye, barley, corn, rice, bran, bulgur, couscous, and semolina)
- Nuts
- Processed or refined foods
- Shellfish
- Soy



Scan or Click the QR Code
For a full pantry list



Scan or Click the QR Code
For a full shopping list

For optimal results, follow the instructions given to you by your health care professional. Any changes or alterations may decrease the detoxification and weight-management potential of the program.*



Sample Meal Plans

Below is a single day of sample meals during each segment of the program. These are intended to provide inspiration only; individual needs may vary. Be sure to drink plenty of water throughout the day.



Scan or click the QR code for the daily intake journal

Purification Daily Intake Journal		Standard Process						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast								
Lunch								
Dinner								
Other								
Supplements								
Water								
Exercise								
How are you?								
Notes								

Sample of daily intake journal

DAYS 1 - 10

Breakfast:

1½ T. Pumpkin seeds (unsalted) and 1 apple

Snack:

Basic SP Complete® Shake and ½ cup baby carrots

Lunch:

Arugula salad with choice of vegetables and **avocado dressing**

Snack:

Kale chips

Dinner:

Lentil soup

Snack:

Pumpkin pie shake

DAYS 11 - 21

Breakfast:

½ cup baby carrots and **zucchini hummus**

Snack:

Basic SP Complete® Shake

Lunch:

Spinach salad with 3 oz of roasted chicken breast and choice of vegetables and **apple cider vinaigrette**

Snack:

Asparagus fries

Dinner:

Chipotle salmon with roasted sweet potatoes

Snack:

Apple cinnamon surprise shake

What to Expect and How to Support Your Body

Q: Is it normal to experience headaches, tiredness, or irritability during the first few days of the Purification Program?

A: These symptoms can occur as your body adjusts to reduced caffeine, sugar, wheat, dairy and processed foods. Other causes may include blood sugar fluctuations, dehydration, or constipation.

WHAT TO DO: Dehydration often worsens symptoms so make sure you are consuming plenty of fluids like water and herbal tea. Adding electrolytes, such as a pinch of sea salt, to your drinks can help. If caffeine withdrawal symptoms are severe, reduce coffee intake more slowly and/or replace coffee with green tea, which contains smaller amounts of caffeine. Talk to your provider about adding supplemental protein such as Whey Pro Complete or Veg-E Complete Pro.

Q: I feel faint or dizzy — is this normal?

A: Dizziness can happen for several reasons, including low blood sugar, dehydration or electrolyte imbalance.

WHAT TO DO: Stay hydrated and replenish electrolytes. If you're diabetic or pre-diabetic and on medication, talk with your doctor — dosage adjustments may be needed as your body adapts. Talk to your provider about adding additional protein, such as Whey Pro Complete or Veg-E Complete Pro.

Q: I am experiencing bloating, gas, or abdominal discomfort. Is this normal?

A: Fiber is an essential part of the Purification Program but increasing it too quickly — along with changes in your gut microbiome — can cause these symptoms.

WHAT TO DO: Drink plenty of water, and herbal teas. Eat bitter vegetables and herbs like radicchio, endive, and arugula to keep digestion moving naturally. Engage in regular physical activity to improve bowel regularity. Talk to your health care practitioner about adding an enzyme supplement to be taken with food, such as Enzycore, which contains specific enzymes that break down plant fibers.

Q: I am having difficulty swallowing so many supplements. Can I open the capsules?

A: Yes, you can open capsules and mix them into your daily shakes. This helps decrease the number of capsules swallowed and can help you remain successful on your Purification journey.

Q: What if I experience constipation?

A: Constipation can affect the body's ability to eliminate toxic compounds. It is common when dietary fiber increases suddenly, or hydration isn't optimal.

WHAT TO DO: Stay active — even light walking helps encourage regular bowel movements. Drink plenty of water and herbal teas to support elimination. Eat foods that naturally support regularity, such as beets. Talk with your health care professional to see if products such as MediHerb® Colax or Fen-Cho® can offer additional elimination support.

Q: Is more frequent urination common while on the Purification Program?

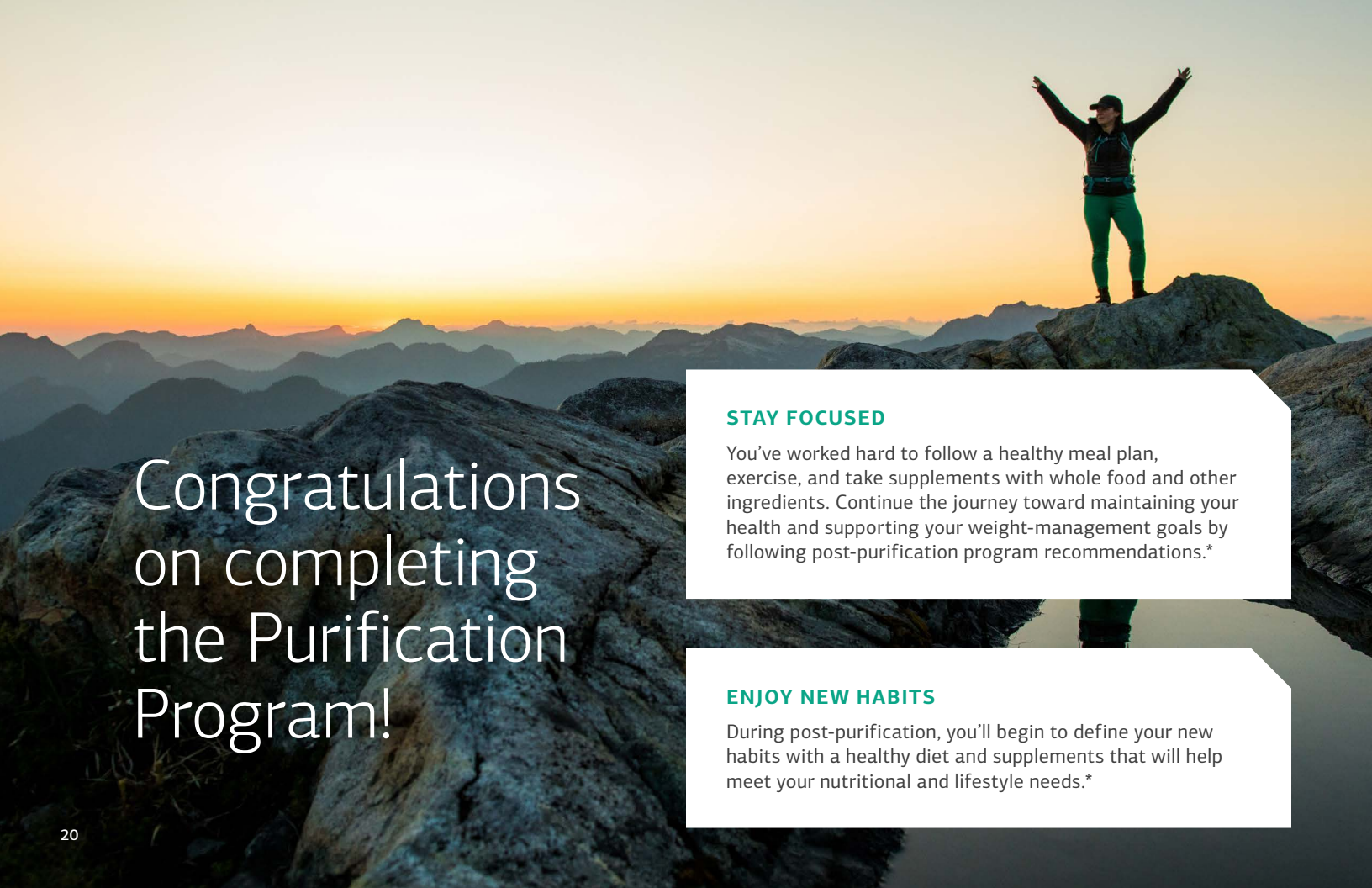
A: Increased urination is common and normal. As your body shifts away from refined carbohydrates and sodium, it naturally releases stored water. This, along with drinking more fluids can increase urination frequency. This increase in urination generally subsides after a week when the kidneys and fluid balance adapt to dietary modifications.

WHAT TO DO: Maintain hydration and replenish electrolytes. If urination is excessive and accompanied by pain, fever, dizziness, or low back pain, consult your healthcare practitioner.

Q: Why am I experiencing weight fluctuations?

A: Weight fluctuations are normal and expected during dietary changes. Initial weight loss is typically “water weight” as the body adjusts to eating fewer processed foods, sodium, and refined carbohydrates. Later, as the body rebalances, it's common for the scale to move up or down slightly from day to day.

WHAT TO DO: Track non-scale victories such as subjective feelings of energy, mood, brain function, and how clothes fit. Keep in mind that factors such as time of day, hydration, and hormone shifts all affect the number on the scale. Remember the Purification Program is not designed to be a weight loss program, while some individuals do lose weight, that will not always be the case.

A person wearing a dark jacket and green pants stands on a rocky peak, arms raised in triumph, against a sunset sky. The background shows a range of mountains under a warm, orange and yellow sky. The person's reflection is visible in a small pool of water in the foreground.

Congratulations on completing the Purification Program!

STAY FOCUSED

You've worked hard to follow a healthy meal plan, exercise, and take supplements with whole food and other ingredients. Continue the journey toward maintaining your health and supporting your weight-management goals by following post-purification program recommendations.*

ENJOY NEW HABITS

During post-purification, you'll begin to define your new habits with a healthy diet and supplements that will help meet your nutritional and lifestyle needs.*

Post-Purification

What's Different?

Diet: Continue to follow the purification diet with lean protein included (days 11-21).

Food Reintroduction: You'll reintroduce foods you avoided during purification one food group at a time, as described in the next section.

Supplements: Depending on your needs, your health care professional might recommend an individual protocol including these or other specific supplements with whole foods and other ingredients.

SP Complete® Shakes: Continue drinking these shakes with meals or as snacks. If needed, add fiber with Whole Food Fiber or Gastro-Fiber®.

General Health Daily Fundamentals: Individual convenience packs contain three basic supplements for foundational support:*

- **Catalyn®** contains vital nutrients from whole food and other sources and is designed to bridge nutritional gaps in the diet.
- **Tuna Omega-3 Oil** delivers essential omega-3 fatty acids (including DHA and EPA).
- **Trace Minerals-B₁₂™** contains a spectrum of minerals that support a healthy body.*



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Food Reintroduction

Reintroducing foods systematically after Purification helps you discover how different foods affect your body. Because you've been without certain foods for several weeks, your body is now better able to provide clear feedback. This is an opportunity to notice which foods truly support your energy, digestion, mood, and overall well-being.

The Process

Reintroduce One Food at a Time: Choose a single food from a group — such as wheat bread, yogurt, or eggs. Eat a normal portion size at least twice in the same day and observe how you feel. Remember that foods from the same group can affect your body differently. For example, yogurt may affect you differently than cheese, even though both come from dairy.

Watch for Symptoms: Pay attention to how you feel over the next 2-3 days. Possible reactions may include bloating, gas, fatigue, headaches, rashes, acne, or mood shifts. If you notice symptoms, set that food aside and reintroduce another food. If no symptoms occur, you may continue eating that food in healthy portions before introducing the next food.

Keep a Journal: Record each food you reintroduce, when you ate it, and how it made you feel. Journaling helps you identify clear patterns between specific foods and symptoms.

Partner with Your Practitioner: If you notice strong or persistent reactions, contact your health care provider before continuing the reintroduction phase. Work together to determine which foods to retry, delay, or avoid based on your responses.

Reintroducing Foods Eliminated During Purification

Grains

Choose whole grains (the entire grain kernel) instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains containing their original fiber, iron and B vitamins are a healthier choice. Check out **Standard Process's Royal Lee Organics**, a lineup of healthy, minimally processed grains rich in fiber, vitamins, and minerals. **Visit <https://www.organicsbylee.com>**.

Dairy

This group includes products like cheese, milk, and yogurt. These foods are nutritionally dense and provide a host of nutrient components, such as calcium and protein. Although less nutritious, non-dairy milks — such as almond, rice, and soy — can be good alternatives for some people.

Nuts (Raw)

Nuts can supply necessary oils to your diet. Nuts are concentrated sources of fuel, so portion control is important. A handful per day is plenty for most people.

Shellfish

Shellfish like shrimp, clams, and oysters can add important nutrients, such as protein and iodine, to the diet.

Eggs

Eggs provide an important source of protein, iron, and B vitamins. If you enjoy toast with your eggs, you might want to reintroduce eggs after grains so you can have whole-grain toast at the same time. Hard-boiled eggs make a great breakfast or snack.

Enjoy Your New Diet

To give you an idea of how rich and complex your diet should be, we've included a single sample day after you have reintroduced all food groups. If weight loss is a goal, keep in mind that most people who cut 300 calories from the daily diet while also getting 30-40 minutes of daily moderate exercise can expect to lose a pound per week.

Breakfast

SP Complete® Shake	1 serving
Oatmeal <i>prepared with water</i>	$\frac{3}{4}$ cup
Green tea	8 ounces

Snack

Sunflower seeds <i>kernels, oil roasted, without salt</i>	1½ tablespoons
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Lunch

Chicken breast <i>roasted with teriyaki sauce (1½ tablespoons) and celery seeds (1 teaspoon)</i>	2 ounces
Broccoli <i>cooked, without salt</i>	$\frac{1}{2}$ cup
Summer squash <i>cooked, without salt</i>	$\frac{1}{2}$ cup
Asparagus	8 spears

Snack

Cottage cheese	$\frac{1}{2}$ cup
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Dinner

Walleye <i>baked</i>	3 ounces
Salad	
Greens	2 cups
Chickpeas <i>cooked</i>	$\frac{1}{2}$ cup
Green beans <i>cooked</i>	1 cup
Onion <i>sliced</i>	$\frac{1}{4}$ cup
Garlic	1 clove
Kidney beans <i>cooked, without salt</i>	$\frac{1}{3}$ cup

Snack

Whole milk	1 cup
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Health Tips for a Lifetime

Underestimating the Amount of Calories/ Nutrients in Food

Let your body tell you when it's full — never feel like you have to eat everything on your plate. Eat slowly and enjoy the eating experience.

Preparing for Social Gatherings

Drink water before social events and while you're there so you don't mistake hunger for dehydration. If appetizers will be served, eat a healthy snack beforehand so you're not so tempted by foods high in calories and trans fats. Healthy snacks could include:

- 1 cup of carrots with 2 tablespoons guacamole
- 2 celery sticks with 1 tablespoon nut butter
- 1 medium apple or 1 cup of grapes
- 1 StandardBar® (convenient bars in several flavors)
- 1 POSSIBLE® Snack Bar (convenient bars in several flavors)

Dealing With Feeling Unfulfilled by the Diet

Depriving yourself all the time of favorite unhealthy foods might lead you back to unhealthy eating habits. It's okay to give in occasionally and eat an appropriate amount of your favorite foods. But if you're just bored with your diet, try whole foods you've never had before.

Reaching for Ultra-Processed Foods High in Empty Calories

Avoid temptation by keeping these foods out of the house. When you eat out, preview the menu and make your selection in advance, if possible, so you can avoid these foods. If sugar cravings are a problem, ask your health care professional how additional supplementation can help.

Drinking Alcohol or Caffeine

If you consume these drinks, it's best to drink them only in moderation.

Portion Control

Portion control is essential for maintaining a healthy weight. Consider the serving size for the food you are eating.

What to Watch for in Foods and Everyday Products

As you begin adding new foods to your diet, make sure you read the labels carefully. Avoid additives and unhealthy fats — your well-being depends on it. Ingredients to watch for include:

Monosodium Glutamate (MSG)

MSG is used as a salt substitute and flavor enhancer. This additive is found in many processed foods, as well as restaurant-prepared foods. Anecdotal evidence suggests that some people are sensitive to this substance, which reportedly triggers headaches, tingling, and other symptoms.

Artificial Sweeteners

Chemicals like saccharine and aspartame are used to replace sugar in diet/sugar-free foods. Artificial sweeteners are generally found in foods that contain “empty calories” — meaning they don’t provide any nutritive value for the calories they add to your diet.

Seed Oils

Seed oils, such as soybean, canola, corn, sunflower, and safflower oil, are often highly refined and exposed to heat and chemical processing that can degrade their natural nutrients and create harmful oxidation byproducts. They tend to be high in omega-6 fatty acids, which can promote inflammation. To support overall wellness, choose healthier fat sources like olive oil, coconut oil, avocado oil, butter or ghee from quality sources.

Artificial Colors/Dyes

Artificial chemicals are often added to ultra-processed food to improve their appearance and make them more appetizing. However, some people are sensitive or even allergic to these substances. Sticking with whole foods will help you avoid these and other chemical additives.

Sodium

Sodium can hide in the most innocent places, like sauces, soups, and baked goods. Eating too much sodium can contribute to long-term health problems, as well as cause you to retain water and feel bloated. Opt for fresh foods and low-sodium products (including condiments like salad dressing, ketchup, and mustard), season with herbs instead of salt, and take the saltshaker off the table. Some people prefer salt that is less processed, like sea salt. Regardless of what type of salt you use, healthy adults should only consume between 1,500 and 2,300 mg/day.



View more delicious & healthy recipes at
standardprocess.com/recipe1715

Everyday Encounters That Increase Your Toxic Load



Plastic containers



Fertilizers/pesticides



Candles/room fresheners



Personal care products



Cleaning agents



Smoking and second-hand smoke



FAQs

What are the benefits of purification? A purification program can have a significant, positive effect on the biochemistry of the body while allowing natural toxins and byproducts of daily metabolism to be eliminated. You may notice the following:

- Improved weight-management results*
- Increased energy/vitality*
- Better digestion*
- Less bloating*
- Clearer thinking*
- Clearer skin*
- Shinier hair*
- Disappearance or lessening of past conditions (PMS, digestive problems, etc.)*
- Better sleep*

How do I stick to the program when eating out? Here are some tips to help you stay on track:

- Plan your strategy before you leave home.
- When choosing a restaurant, select one that serves foods on the recommended pantry list (see the Resources section on page 43). This will curb temptation.
- When traveling, bring along a cooler packed with water bottles, fresh fruit, and sliced raw vegetables.
- When attending a social gathering, bring a dish to pass that fits your stage of the program, like a fruit/veggie tray or chicken kabobs.

Why can't I substitute different vegetables than what are outlined? The vegetables cited in the Purification Pantry (see the Resources section on page 43) are recommended because of their high nutritive value and their capacity to support detoxification.

Will this purification program help me lose weight?

By following the Standard Process Purification Program, you will be working toward sustained, long-term weight management. The ideal weight-management system is not a quick fix; it is a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process is completed. See pages 20-27 for tips on how to continue your success.

Is exercise necessary? How much and what type is recommended? Exercise facilitates the removal of toxins and helps maintain a healthy weight. It is recommended that you walk 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the 21-day program. Consult with your health care professional if you are on a more strenuous exercise program that you would like to maintain throughout the purification program or about resuming strenuous exercise during post-purification.

Do the purification products contain gluten? All of the purification supplements are gluten-free. A complete list of gluten-free products is also available at standardprocess.com.

Why is there lactose in SP Complete®? Whey is a protein source found in SP Complete®, SP Complete® Chocolate, and SP Complete® Vanilla; lactose is found in whey. There is approximately ½ gram of lactose per shake. Try SP Complete® Dairy Free if lactose is a concern.

Is the Standard Process Purification Program vegetarian? It is vegetarian (lacto-ovo) but not vegan.

What if I am allergic to certain foods on the list? If you suspect you are having a reaction to a specific food, refrain from eating it and consult your health care professional about how to incorporate alternative food sources.

What if I am not losing weight during post-purification like I did on the purification program?

The post-purification process is a way to establish healthy eating habits rather than a weight-loss program. That said, many people will lose weight during both purification and post-purification because they're eating in a conscious, deliberate way. Healthy weight management is a goal that should be discussed with your health care professional. Some tips for healthy weight management are:*

- Eat more vegetables than fruits.
- Have healthy snacks, such as vegetables and fruits, available at all times.
- Be aware of portion size.
- Don't eat anything in excess. If you must have treats, record them in your journal so you can gauge frequency and how they make you feel.
- If sugar cravings are a problem, ask your health care professional if there are any additional supplements that can help you.

Is the purification program recommended for pregnant or lactating women?

No. More calories are required during pregnancy and lactation than are needed during purification and for everyday weight management.

What if I am struggling with the program?

Don't give up! Changing eating habits is difficult, so don't be hard on yourself. Look at each day as a new day. Whenever you get off track, just start over the following day. You can do it!

If you have any questions or concerns about how you are feeling, or if these effects last for more than a few days, please contact your health care professional.

RECIPES

Shakes



Basic Shake Recipe

Serves: 1

100
Calories*

10g
Protein*

- ½-1 cups of your favorite fresh or frozen fruit or vegetables (optional)
- 1 tablespoon high-quality oil (e.g., flax oil), not necessary if already taking an oil supplement
- 1 cup water (increase for desired consistency)

- 2 rounded tablespoons (scoops) SP Complete®/ SP Complete® Dairy Free or 4 rounded tablespoons (scoops) SP Complete® Chocolate/SP Complete® Vanilla
- 3-4 cubes of ice for thicker shake

Please note: You may add 2 tablespoons Whey Pro Complete and/or 1 tablespoon Whole Food Fiber to any shake recipe. Thoroughly blend all ingredients together, adding water and ice cubes until the shake reaches desired consistency. You may make a large enough batch to last you through the day, but make sure to keep the shake refrigerated and remix as needed before pouring.

**Calories and protein are of SP Complete® only*



Ginger Berry Shake

Serves: 1
Serving Size: 624g

430
Calories

16g
Protein

- 2 rounded scoops SP Complete® or SP Complete® Dairy Free
- 1 cup frozen cauliflower rice
- 1 cup frozen mixed berries
- 1-inch fresh ginger
- ½ banana
- 1 tablespoon flaxseed oil
- 1 cup unsweetened coconut milk

Blend all ingredients together until smooth.



Pumpkin Pie Shake

Serves: 1
Serving Size: 211g

210
Calories

13g
Protein

- 2 rounded scoops SP Complete® or SP Complete® Dairy Free
- ½ banana
- ½ cup organic pumpkin

- Few pinches each of ginger and cinnamon
- ½-1 cup of water (less if adding ice cubes)

Blend all ingredients together until smooth.

Tips for your shake:

- Use frozen fruit and eliminate water/ice for a frosty, thick shake.
- Mangoes or peaches give your shake a nice zing.
- Peel and slice extra-ripe bananas, and freeze them for easy use.
- Increasing fruit will increase the sweetness but will also increase the calories and may interfere with weight management.
- If blending vegetables, there is no restriction regarding the quantity; it is recommended that a high-performance commercial blender be used.

RECIPES

Salad Dressings



Parsley Garlic Dressing

Serving Size: 2 tablespoons

120
Calories

0g
Protein

- ½ bunch fresh parsley, chopped
- 2 garlic cloves, chopped
- ½ cup olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon sea salt

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.



Avocado Dressing

Serving Size: 2 tablespoons

80
Calories

0g
Protein

- 1 avocado, peeled and chopped
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{4}$ lemon, freshly squeezed

- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon sea salt
- Pinch ground pepper

Combine all ingredients in a blender or food processor, mixing until smooth. Serve chilled.



Vinaigrette Dressing

Serving Size: 2 tablespoons

130
Calories

0g
Protein

- $\frac{2}{3}$ cup olive oil or flax oil
- 1 tablespoon Dijon mustard
- $\frac{1}{4}$ cup balsamic vinegar or fresh lemon juice
- 1 clove garlic, minced
- $\frac{1}{4}$ cup water

Shake well and add herbs to taste.

Fruit Toppers: Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add color and flavor to your greens.

Seasonings: The Standard Process Purification Program was designed to allow you to taste food in its natural state. If you choose to incorporate seasonings, use only fresh, organic herbs and spices.

RECIPES

Soups & Stews



Creamy Red Pepper Soup

Serves: 1

Serving Size: 607g

490
Calories

17g
Protein

- 1 cup warm water
- 1 red pepper, chopped
- ½ large avocado, chopped
- 5 baby carrots, chopped
- 1 teaspoon onion, chopped
- ½ teaspoon garlic, chopped

- ¼ cup hemp seeds
- 1 teaspoon minimally processed honey
- ½ teaspoon jalapeño pepper powder
- ½ teaspoon sea salt

Stir all ingredients while heating for about 5-10 minutes until thick, smooth and slightly warm.



Gardener's Ratatouille

Serves: 2
Serving Size: 484g

190
Calories

5g
Protein

4 teaspoons olive oil
1 cup onion, chopped
3 cups plum tomatoes, chopped
2 cups eggplant, chopped
2 cups zucchini, chopped
1 cup bell pepper, chopped

2 cloves garlic, minced
1 tablespoon each fresh basil, oregano and parsley, chopped
1 teaspoon sea salt
1 teaspoon ground pepper

Heat oil in a large skillet over medium-high heat. Add onion and sauté until tender. Stir in remaining vegetables and garlic. Cover, reduce heat, and simmer 30-40 minutes or until vegetables are cooked through. Stir in remaining ingredients and simmer, uncovered, an additional 5 to 10 minutes.

Recipe courtesy of Cooking Light at cookinglight.com/food



Lentil Soup

Serves: 4
Serving Size: 828g

330
Calories

14g
Protein

¼ cup olive oil
1 onion, chopped
2 carrots, diced
2 stalks celery, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried basil
1 bay leaf

2 cups lentils
8 cups water
1 (14.5-ounce) can crushed tomatoes
½ cup spinach, thinly sliced
2 tablespoons vinegar
Sea salt and ground pepper to taste

In a large soup pot, heat oil over medium heat. Add onion, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, basil, and bay leaf; cook for 2 minutes. Stir in lentils, and add water, and tomatoes. Bring to a boil. Reduce heat and simmer for at least 1 hour. When ready to serve, stir in spinach and cook until it wilts. Stir in vinegar, and season to taste with sea salt, pepper, and more vinegar if desired.

RECIPES

Entrees



Quinoa-Stuffed Peppers

Serves: 3

Serving Size: 739g

360
Calories

15g
Protein

- 1 teaspoon olive oil
- 1 pound cremini or button mushrooms, chopped
- 1 cup (packed) fresh parsley, chopped
- 2 teaspoons oregano
- 2 ½ cups quinoa, rinsed and cooked

- 1 cup tomatoes, fire roasted, diced
- Sea salt and pepper
- 6 red or green bell peppers, tops cut off and saved, seeds removed

Preheat oven to 350 F. In large skillet, heat oil over medium-high heat. Add mushrooms and cook, stirring, for 4-5 minutes or until tender. Add parsley and oregano and cook, stirring for 1 minute. Add quinoa and tomatoes and cook, stirring for 3 minutes. Season to taste with salt and pepper. Spoon about ¾ cup quinoa mixture into each bell pepper. Place stuffed peppers in baking dish, tucking the tops beside each pepper. Bake for 25-30 minutes or until peppers are soft. Place tops on stuffed peppers before serving.

CONSUME ONLY ON DAYS 11-21



Chipotle Salmon & Salsa

Serves: 2
Serving Size: 436g

630
Calories

34g
Protein

- 1 large fillet salmon, wild or organic
- 1 teaspoon chipotle seasoning
- 1 tablespoon avocado oil
- Hemp hearts (optional)

AVOCADO SALSA

- 1 ripe avocado, cubed
- 1 handful of cherry tomatoes, chopped
- ½ small red onion, diced
- 1 lime, juiced
- Salt and pepper to taste
- 2 garlic cloves, minced
- A few sprigs of cilantro, chopped

Heat a cast iron skillet over medium heat with avocado oil. Rub salmon with avocado oil and chipotle. Cook salmon 3 minutes with skin side up, then 3 minutes with skin side down. Mix salsa ingredients in a bowl and pile on top of salmon. Sprinkle with hemp hearts.

CONSUME ONLY ON DAYS 11-21



Chicken Piccata

Serves: 4
Serving Size: 181g

320
Calories

28g
Protein

- 4 boneless, skinless chicken breasts
- Salt and pepper to taste
- 2 tablespoons coconut oil
- 3 tablespoons olive oil

- 6 cloves garlic, minced
- 3 green onions, chopped
- ¾ cup chicken broth
- 1 lemon, juiced
- 3 tablespoons capers

Cut chicken in half lengthwise. Pound to ¼-inch thickness. Season with salt and pepper. In a large pan, heat coconut oil over medium-high heat. Cook chicken. Remove from pan. Add olive oil, garlic, and onions to pan. Sauté for 2 minutes, scraping any chicken drippings. Whisk in the chicken broth, lemon juice, and capers. Simmer for 3 to 5 minutes. Pour sauce over chicken.



RECIPES

Dips & Snacks



Asparagus Fries

Serves: 2

Serving Size: 235g

110
Calories

5g
Protein

1 pound asparagus,
tough ends removed

Sea salt

1 tablespoon olive oil

Line a pan with foil and preheat broiler. Lay out the asparagus in a row on the lined pan and sprinkle with olive oil first, then sea salt. Broil for 7-9 minutes, very close to the broiler coil, then turn the asparagus over and broil for another 3-5 minutes (time depends on thickness of the stalks).



Kale Chips

Serves: 2
Serving Size: 152g

10
Calories

10g
Protein

- 1 bunch kale
- 1 tablespoon olive oil

1 teaspoon sea salt

Preheat oven to 350°F. Carefully remove kale leaves from the thick stems and tear into bite-size pieces. Drizzle kale with olive oil and massage oil into the kale. Spread evenly on cookie sheet and sprinkle with salt. Cook for 10 minutes or until crispy.



Kale Guacamole

Serves: 8
Serving Size: 152g

130
Calories


2g
Protein

- 2 cups kale leaves, chopped
- 4 avocados
- ½ teaspoon sea salt
- 3 tomatoes, seeded and chopped
- ¼ cup red onion, minced
- 2 jalapeño chilies, finely chopped
- 1 lime, juiced
- ¼ cup fresh cilantro

Use a food processor and pulse kale leaves until finely chopped. Put the avocado flesh in a large bowl. Add salt and mash until desirable texture achieved. Stir in remaining ingredients.



View more delicious & healthy recipes at
standardprocess.com/recipe1715



“My patients had a great experience with the Purification Program. Even those who were nervous about the vegetarian portion ended up enjoying it, and overall they noticed less indigestion, better gut comfort, and felt more confident in their physical goals.”

- KOKUA W. DC

Resources



Daily Intake Journal

Track your food, water, exercise, and more.



System Survey Form

Fill in the form and share the results with your practitioner.



Toxicity Questionnaire

Determine your toxic load based on everyday habits.



Recipe Booklet

Enjoy these delicious recipes during and after the program.



Pantry List

A list of foods we recommend during and after the program.



Shopping List

Make your grocery shopping easier and healthier.



Supplement Schedule

Stick to your daily regimen with this easy breakdown.

12010 Purification
Product Kit with
SP Complete® and
Gastro-Fiber®



12020 Purification
Product Kit with
SP Complete® and
Whole Food Fiber



12035 Purification
Product Kit with SP
Complete® Dairy Free
and Gastro-Fiber®



12040 Purification
Product Kit with SP
Complete® Dairy Free
and Whole Food Fiber



12065 Purification
Product Kit with SP
Complete® Chocolate
and Gastro-Fiber®



12070 Purification
Product Kit with SP
Complete® Chocolate
and Whole Food Fiber



12055 Purification
Product Kit with SP
Complete® Vanilla
and Gastro-Fiber®



12060 Purification
Product Kit with SP
Complete® Vanilla
and Whole Food Fiber



12075 Purification
Product Kit with SP
Complete® Chocolate,
SP Complete® Vanila, and
Gastro-Fiber®



12080 Purification
Product Kit with SP
Complete® Chocolate,
SP Complete® Vanila, and
Whole Food Fiber

