

## Farming and Manufacturing Practices

- **We grow many of our raw materials on company-owned, certified organic farmland.**
  - ✦ Fertile soil located in Wisconsin's Kettle Moraine basin
  - ✦ Verification of the appropriate mineral and nutrient levels in the soil before planting begins
  - ✦ Consistently monitor the health of our crops
  - ✦ Crop rotation every year to prevent disease and ensure soil vitality
  - ✦ Practice eco-sensitive manufacturing by returning plant and other raw material by-products to the land after processing
- **We process to preserve enzymatic vitality and nutritional potential of ingredients.**
  - ✦ Exclusive low-temperature, high-vacuum drying techniques
  - ✦ A special separating process to extract a concentrated raw material laden with both fat- and water-soluble nutrients
  - ✦ Immediate processing of plants upon harvest
  - ✦ No artificial flavoring
  - ✦ Only natural binding ingredients
- **We maintain product quality and integrity through exemplary quality control standards.**
  - ✦ Degreed microbiologists and chemists on-site
  - ✦ Weekly bacterial tests on as many as 400 samples of raw materials, work in process, and finished products
  - ✦ Vitamin and mineral analysis to ensure label claims are accurate and that maximum nutrition is delivered
  - ✦ Physical tests on tablets, capsules, and powders to ensure product consistency

## Your Green Vegetable Nutrient Source

Nutrients in fresh fruits and vegetables contain vitamins, minerals, micronutrients, enzymes, and hundreds of other substances necessary for normal growth and development, a healthy immune system, antioxidant protection, and for cleansing our bodies from all kinds of toxins. Both the National Cancer Institute and the National Institutes of Health recommend eating a minimum of five fresh fruits and vegetables daily. The National Foundation for Cancer Research endorses an even greater amount of five to nine servings of fresh fruits and vegetables daily. Unfortunately, people of all ages find it difficult to eat even the minimum amount. The next best thing to actually eating five to nine servings of fresh fruits and vegetables daily is to help support the diet with SP Green Food made from five natural, whole foods containing nutrients in their natural form—complete with all of their synergistic cofactors.\*



### The History & Principles of Standard Process

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, "The quality of a whole food supplement is dependent on the quality of the manufacturing process." This remains the foundation of the Standard Process doctrine today. Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company's 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available.



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**SP Green Food™**  
Your Green  
Vegetable  
Nutrient  
Source



## How SP Green Food™ Keeps you Healthy

### Cleanses the liver and encourages efficient cellular debris removal

Brussels sprouts and kale help maintain cellular health by supplying nutrients that work to detoxify the liver. The phytonutrients in these two green vegetables help protect many of our major organs. Nutrients found in Brussels sprouts and kale promote enzymatic activity required to help detoxify the liver. They also stimulate the natural process designed to clear damaged cells from the body.\*

### Supports proper growth and development

In order to grow and develop normally and maintain good health, our bodies regularly require certain amounts of hundreds of different nutrients. Even though this nutritional need is very important, many adults do not satisfy this requirement. The whole food ingredients found in SP Green Food contribute vitamins, minerals, amino acids, antioxidants, and all of their synergistic cofactors to complement both the young and old.\*

### Provides strong, consistent antioxidant protection

Research reveals that cellular damage caused by free radical assault is one of the challenges our bodies face each day. While a certain percentage of free radical formation is inevitable, and even desirable for immune purposes, hormone production, and enzyme activation, excessive free radical formation is an environmental challenge to our bodies. The buckwheat, Brussels sprouts, kale, and barley grass in SP Green Food bring a number of antioxidants together to help keep free radical formation in check.\*

## Why is Standard Process SP Green Food™ Unique

SP Green Food is made up of five different vacuum-dried, organically-grown whole food concentrates—chosen for their unique combinations of vitamins, minerals, and other synergistic cofactors, in addition to their natural bioavailability.

SP Green Food is designed to improve our nutritional intake in the event we fail to eat proper amounts of fruits and vegetables each day.\*

## The Whole Food Difference

All Standard Process products are based on one simple belief—good health comes from good nutrition, and the best nutrients come from whole foods. Each supplement formula is built on this holistic paradigm. In addition to supplying nutrients needed to promote proper nutritional balance, the different whole foods used in SP Green Food provide liver detoxification and antioxidant protection.\*

SP Green Food can be used to add vital nutrients to any diet, or it can be used to aid in the Standard Process purification programs. Please consult with a health care professional to obtain more information on the benefits of purification.

## Providing nutrients from organically-grown whole foods

Organically-grown and vacuum-dried alfalfa, buckwheat, Brussels sprouts, barley grass, and kale contain vitamins, minerals, and other nutrients, a few of which are listed here.

### Barley Grass Juice

- ☞ Brings a natural mix of beta carotene and B-complex and C vitamins, plus the minerals potassium, calcium, iron, phosphorus, and magnesium
- ☞ Contains chlorophyll, essential and non-essential amino acids, and different types of enzymes—including the well-researched antioxidant superoxide dismutase\*

### Buckwheat

- ☞ Contains the bioflavonoid rutin, which helps support a healthy cardiovascular system and also helps keep blood vessels strong, but pliable
- ☞ Is gluten-free and protein rich
- ☞ Provides amino acids, containing twice the amount of the essential amino acid lysine as is found in either wheat or rice
- ☞ Contains vitamins B<sub>1</sub> and B<sub>2</sub> and the minerals potassium, magnesium, phosphate, and iron; plus choline to support liver function\*

### Brussels Sprouts and Kale

- ☞ Belong to the plant family *Brassicaceae*
- ☞ Provide lutein, a carotenoid (a class of compounds related to vitamin A) that offers antioxidant protection to the eyes
- ☞ Are well-recognized for their ability to protect cells from abnormal growth and division and to cleanse the liver
- ☞ Contain glucosinolate compounds, which break down into indoles and isothiocyanates to provide cellular protection and aid in liver detoxification\*

### Alfalfa

- ☞ Contains many vitamins and minerals, including vitamin K and coumesterol that join forces to support proper bone density
- ☞ Contains chlorophyll, particularly fat soluble, which protects cells from a number of environmental toxins\*

### Top 4 Benefits of SP Green Food™

SP Green Food provides a bounty of nutrients to help supplement a diet that often lacks the recommended amounts of nutrient-rich foods. It helps:

- ☞ Detoxify the liver and promote the consistent removal of cellular debris
- ☞ Provide vitamins, minerals, micronutrients, and other phytochemicals from natural, whole food sources to promote nutritional balance
- ☞ Support healthy physical, mental, and emotional development
- ☞ Supply aggressive antioxidant protection to help maintain cellular health and stability\*

