SP Complete®

Available Size:
27 Ounce Container

GENERAL WELL-BEING

- Provides all essential amino acids
- Supports intestinal and immune health*
- Supports muscle growth and repair processes*
- Supports healthy liver function*
- Supports the body's normal toxic elimination function*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle*
- Adds vital nutrients to any diet
- Excellent source of protein
- Good source of dietary fiber, choline, and calcium

GF V

Also available in Vanilla, Chocolate, and Dairy-Free varieties.

SP Complete supports muscle growth and repair processes*

Supporting muscle growth and repair processes is important for sustaining good health across all age groups. Protein is a major component of skeletal muscle and ingestion of protein and amino acids, as well as regularly engaging in resistance training, stimulates muscle protein synthesis.[1] Also comes in a Dairy-Free version with rice protein.[2]

See standardprocess.com for supplement facts of other SP Complete varieties

Warning: If pregnant or nursing, consult your health care professional before using this product. Keep out of reach of children.

Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) (approx. 25 g)
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	100	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	<1 g	†
Protein	10 g	20%*
Choline	70 mg	13%
Calcium	200 mg	15%
Iron	0.5 mg	3%
Sodium	30 mg	1%
Potassium	130 mg	3%
Proprietary Blend	24.8 g	†

Whey protein, flax meal, rice protein, calcium citrate, magnesium citrate, organic buckwheat (aerial parts), organic Brussels sprouts (aerial parts), organic kale (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, sunflower lecithin powder, grape seed extract, and organic carrot.

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

Other Ingredients: Choline bitartrate.

Contains: Milk.

Includes Masquelier's® OPC-85 grape seed extract.

*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.

Standard Process products labeled as **Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. Standard Process products labeled as **Vegetarian** are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin. Standard Process products labeled as **Non-Soy or Non-Soy Formula** have been formulated to not contain soy or soy-derived ingredients. Standard Process products labeled as **Non-Dairy or Non-Dairy Formula** have been formulated to not contain milk or milk-derived ingredients. Standard Process products labeled as **Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin.

Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

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GENERAL WELL-BEING

Maintenance of a healthy weight*

Diets rich in protein may have a beneficial effect on body weight management via retention and accretion of fat-free mass, increased satiety, and increased energy expenditure.[3-5]

Immune health*

Dietary fiber supports the gastrointestinal immune barrier through its effects on the mucus layer and barrier function.[6-8]

Intestinal health*

Dietary fiber supports intestinal health..[9-11]

Liver function*

Choline and its metabolites play an important role in hepatic lipid transport, making choline vital to the health of the liver.[12]

Normal toxin elimination*

Amino acids (including glycine, taurine, glutamine, and arginine), play an important role in the Phase II conjugation step of the detoxification process.[13]

The **great majority** of the raw plant ingredients used in our products are grown on our certified organic farm

Freshly picked crops are often processed within a day to maintain vital nutrients

We harvest more than **6.5 million** pounds of ingredients on our certified organic and sustainable farm

Healthy Soil. Healthy Plants. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

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