



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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## SP Complete®

2820 1.75 lbs. (795 g)



BLOOD SUGAR &  
METABOLISM

### EXCELLENT SOURCE OF PROTEIN

- Provides all essential amino acids
- Supports muscle growth and repair processes\*
- Supports the maintenance of a healthy weight when combined with a healthy lifestyle\*

### GOOD SOURCE OF DIETARY FIBER

- Supports intestinal and immune system health\*
- Supports the body's normal toxin-elimination function\*

### ADDS VITAL NUTRIENTS TO ANY DIET

- Provides ingredients with antioxidant activity
- Supports healthy liver function\*

**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	50 mg	2%
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.

Vegetarian products 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. **Gluten-Free** products have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. **Non-Soy** products have been formulated to not contain soy or soy-derived ingredients.

## Protein Metabolism

Protein is one of three macronutrients the body needs on a daily basis. Dietary proteins are broken down into peptides and amino acids which act as precursors for biological molecules such as coenzymes, hormones, and nucleic acids. They also serve as a major structural component of every cell in the body.<sup>1</sup>

Amino acids are divided into three categories:

1. **Nonessential** amino acids can be synthesized by the body
2. **Conditionally essential** amino acids can be synthesized by the body under most normal conditions but may need to be supplied by the diet under certain physiological conditions when their availability is limited
3. **Essential** amino acids cannot be made by the body and must be obtained by the diet.

**SP Complete®**, **SP Complete® Vanilla**, and **SP Complete® Chocolate** contain whey protein concentrate, a high-quality complete source of all essential amino acids. **SP Complete® Dairy Free** contains rice protein as a source of several essential amino acids. Any SP Complete® product can also be used as a nutritional support in the Standard Process Purification Program\*.

## Muscle Growth and Repair Processes

Maintaining and increasing skeletal muscle mass can help patients increase their strength, enhance athletic performance, and support overall health as increased muscle mass has been linked to a lower risk of certain conditions.<sup>2</sup> In order to increase muscle mass, skeletal muscle must undergo remodeling, which is largely determined by the rate of muscle protein synthesis (MPS). MPS can be stimulated by consuming protein or amino acids during rest or exercise recovery, in addition to regularly engaging in resistance training.<sup>3,4</sup>

Branched-chain amino acids (BCAAs) help maximize MPS and reduce muscle protein breakdown at rest and following exercise.<sup>5,6</sup> The BCAA leucine may be especially important for efficient muscle remodeling. Leucine-rich protein sources have been shown to result in greater MPS compared to proteins with lower leucine content in addition to their role regulating intracellular signaling pathways involved in protein synthesis.<sup>7-9</sup>

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## Weight Maintenance

Controlling energy intake and managing energy balance is critical for maintaining a healthy body weight. Satiety is one part of a complex system of appetite control and energy homeostasis. Evidence indicates that a moderate increase in dietary protein, alongside physical activity and an energy-controlled diet, may improve the regulation of body weight through.<sup>10-13</sup>

- Retention and accretion of fat-free mass
- Increased satiety
- Increased energy expenditure

## Intestinal Health

Dietary fiber is an essential part of a healthy diet and provides many benefits to the body, including within the gastrointestinal (GI) system.<sup>14</sup> Dietary fiber increases fecal bulking and laxation and also promotes the growth of beneficial microbes in the gut.<sup>15,16</sup> Microbial communities in the colon are able to metabolize fiber to produce short-chain fatty acids (SCFAs), including acetate, propionate, and butyrate. These SCFAs can be absorbed and have direct impacts on health, including providing energy for epithelial cells in the colon, further supporting intestinal health.<sup>16,17</sup>

One serving of SP Complete provides 11% DV of fiber.

## Immune Health

The beneficial effects of dietary fiber in the GI tract are also important for immune health. Fiber helps preserve the GI immune barrier, including the mucus layer and epithelial cells that help prevent molecules

in the intestinal lumen from entering circulation.<sup>18</sup>

The production of SCFAs from dietary fiber also helps maintain the mucus layer of the gut epithelium, promotes intestinal epithelial barrier function, and contributes to immunomodulatory effects.<sup>19,20</sup>

## Liver Function

Choline is an essential nutrient that provides methyl groups for metabolic reactions in the body.<sup>21,22</sup> Within the body, choline is important for the synthesis of two major phospholipids of cell membranes, contributing to structural integrity of the cell and signaling functions.<sup>21,22</sup> It also is needed to produce acetylcholine: a neurotransmitter involved in memory, mood, muscle control, and other nervous system functions.<sup>21</sup> Finally, choline plays an important role in lipid transport, shuttling triglycerides from the liver to peripheral tissues, and maintaining lipid homeostasis in the liver.<sup>22</sup>

One serving of SP Complete provides 13% DV of choline.

## Normal Toxin Elimination

The body has a natural process for eliminating toxins through three steps: activation, conjugation, and excretion. Amino acids play an important role in conjugation reactions, phase II of detoxification. The amino acids glycine, taurine, glutamine, ornithine, and arginine can be conjugated to hydrophilic toxin metabolites.<sup>23</sup> This allows for excretion in phase III, which is further aided by dietary fiber.<sup>23</sup>

Since 1929,  
**Standard Process**  
has been changing  
lives with our whole  
food philosophy.

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\*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.

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