



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com 719-660-4817 YourBodyCanTalk2@Gmail.com



SP Detox Balance™

15000 1.7 lbs (777g)



SP Detox Balance™ Chai

10000 1.7 lbs (783 g)



DETOX & LIVER

METABOLIC DETOXIFICATION

- Promotes antioxidant activity*
- Supports the body's natural toxin elimination function*
- Provides key amino acids required for conjugation enzymes during phase II of detoxification*
- Contains protein from pea isolates, pumpkin concentrate, oat flour, and buckwheat flour

SP Detox Balance™, in regular and chai flavors, provides a blend of whole foods and key nutrients that have been clinically shown to support whole body detoxification and promote antioxidant activity, which helps the liver process and remove toxins from the body*. One serving of SP Detox Balance™ is an excellent source of iron (22% DV) and a good source of dietary fiber (14% DV) and plant-based magnesium (17% DV). It also provides 17 grams of protein, including essential amino acids, from pea isolates, pumpkin concentrate, oat flour, and buckwheat flour.

What Contributes to Toxin Buildup?

Toxicants are everywhere — in the soil, air, water, and food.¹⁻⁵ Common toxicants include persistent organic pollutants (POPs), pesticides, herbicides, plastic-associated chemicals (PACs) including bisphenol A and phthalates, and volatile organic compounds (VOCs) found in solvents, fuels, and fragrance ingredients. In addition to toxicants that can accumulate in the body, there are also naturally occurring toxins, such as heavy metals and mold, as well as endogenous toxins produced in the body as a result of metabolic processes. Excessive or chronic exposure to toxins can overburden the systems that naturally detoxify the body and lead to an accumulation of harmful compounds.



80,000 chemicals
registered for use²



800 million+
pounds of herbicides
used per year^{3,4}



167 industrial chemicals
found in adults with no
employment-related exposure⁵

Phases of Metabolic Detoxification

The majority of toxins are lipid-soluble, allowing them to easily cross cellular membranes where they can affect cellular activities. This also makes them difficult for the body to excrete. The body has a natural, three-step process for detoxifying potentially harmful compounds. During phase I, enzymes primarily from the CYP450 family activate toxins by adding a reactive group, generating free radicals and reactive intermediates that can be more toxic than the original compounds.^{1,6} In the next step, phase II, a different class of enzymes conjugate hydrophilic groups to reactive sites on the toxins. This increases their water solubility and tags them for transport and elimination. During phase III of detoxification, elimination of toxins occurs via bile, urine, or sweat.¹

Whole Food Detoxification Support

Detoxification is a metabolically demanding process. It requires adenosine triphosphate (ATP) for essential reactions as well as micronutrient cofactors for enzymatic activity.^{1,7} Many vegetables, herbs, and phytonutrients may support phase I and II detoxification pathways, promote oxidative balance, and contribute to overall liver health.

- Cruciferous vegetables such as broccoli and Spanish black radish can induce expression of CYP450 enzymes and phase II enzymes, primarily due to the presence of glucosinolates.^{1,8-10}
- Protective nutrients with antioxidant properties can help reduce oxidative stress produced as a result of phase I enzyme activity. Some examples include vitamins A and C, selenium, coenzyme Q10, thiols found in cruciferous vegetables, silymarin, and polyphenols.¹

Vegan products 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. 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.

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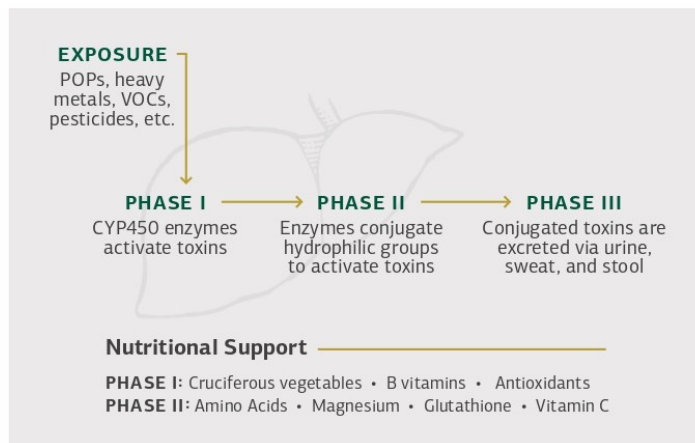
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- Amino acids are used in conjugation reactions that involve amino acid transferases and may help enhance detoxification through their role in the urea cycle, an avenue for the body to get rid of excess nitrogen.¹ Amino acids also contribute to the synthesis of glutathione, an important antioxidant involved in detoxification and overall health.
- Herbs such as burdock, dandelion, and milk thistle can support liver health and promote healthy inflammation, which in turn supports detoxification pathways and overall health.¹¹⁻¹³



Standard Process Research

Both pre-clinical and clinical studies at Standard Process have demonstrated the ability of SP Detox Balance™, or its ingredients in isolation, to support the body's natural detoxification processes*.

Several ingredients in SP Detox Balance™, including Brussels sprouts and Spanish black radish have been shown to increase detoxification enzymes in animal and cell culture models, likely through the presence of glucosinolates.¹⁴⁻¹⁷

SP Detox Balance™ has been studied in three randomized controlled clinical studies. In a study of individuals who were overweight or obese, participants underwent a 12-week program involving weekly group and individual dietary, exercise, and behavioral support alongside supplementation with SP Detox Balance™. After 12 weeks, participants as a group saw improvements in

body composition, physical fitness, and other markers of cardiovascular health and detoxification.¹⁸

In healthy adults, consumption of SP Detox Balance™ for 28 days resulted in a 40% increase in total antioxidant capacity in plasma, a measure which combines antioxidant activities of all constituents such as vitamins, proteins, lipids, and glutathione.¹⁹ There was also a decrease in ROS-associated oxidative stress in peripheral blood mononuclear cells isolated from subjects who consumed SP Detox Balance.¹⁹

In a separate clinical study in healthy adults, consumption of SP Detox Balance™ for 28 days resulted in improvements in metabolic symptoms, sleep quality, and well-being.⁷ SP Detox Balance™ consumption also led to reduced toxic metal levels in red blood cells and decreased urine mutagenicity, a measure of toxin burden.⁷

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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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SP Detox Balance™

Warning: This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product. Not intended for long-term use unless otherwise directed by your health care professional. Keep out of reach of children.

Supplement Facts

Serving Size: 2 Scoops (37 g)
Servings per Container: 21

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	5 g	6%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	100 mg	18%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	190 mg	8%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
DL-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

Organic pea protein, flax meal, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, organic beet (leaf) juice powder, organic buckwheat (aerial parts), apple pectin, juniper (berry) powder, organic Spanish black radish (root), burdock (root) powder, organic beet (root), calcium citrate, organic barley (grass), dandelion (leaf), broccoli (aerial parts), inositol, organic alfalfa (aerial parts) juice powder, Oregon grape (root) powder, globe artichoke (leaf), sunflower lecithin powder, milk thistle extract (80% silymarins), organic cordyceps mushroom powder, organic sweet potato, and organic carrot.

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Creatine, L-leucine, xanthan gum, L-isoleucine, L-valine, DL-methionine, monk fruit extract, and choline bitartrate.

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SP Detox Balance™ Chai

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Total Carbohydrate	11 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	1 g	†
Protein	17 g	34%*
Vitamin K1	4 mcg	3%
Choline	90 mg	16%
Calcium	70 mg	5%
Iron	4 mg	22%
Magnesium	70 mg	17%
Sodium	190 mg	8%
Potassium	230 mg	5%
Arginine	1300 mg	†
Glycine	600 mg	†
L-isoleucine	850 mg	†
L-leucine	1600 mg	†
DL-methionine	300 mg	†
L-valine	900 mg	†
Creatine	600 mg	†
Proprietary Blend	34.4 g	†

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Other Ingredients: Creatine, L-leucine, xanthan gum, natural flavor, monk fruit extract, L-isoleucine, L-valine, DL-methionine, and choline bitartrate.

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