



*Purification Program*



**A Patient Guide to Purifying,  
Nourishing, and Maintaining  
a Healthy Body and Weight**

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*At Standard Process, we know how hectic your life can be, so we've designed our purification program to fit your schedule and make it easy for you to succeed. Going on the purification program is a commitment, but the results will make the effort worthwhile.*

*Much of the program centers on what you eat. Your diet will include Standard Process supplements and whole foods that contain vitamins, minerals, and other nutrients to support all the major organ systems during purification. In addition, this program contains foods that will help you maintain a consistent, healthy weight.*

**For your shopping convenience, use the tear-off shopping list in the back of this guide.**



**This plan is a guideline for you to follow, so get creative. You have so many choices that everyday can be an adventure. Try new foods. Discover new ways to eat healthy. And most of all, have fun. Purification may be a struggle, but remember what you are striving for: a healthier you.**

# purify

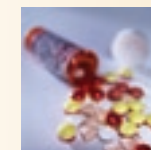
The 21-day Standard Process Purification Program utilizes whole food supplements; whole, organic, and unprocessed food; and water to cleanse the body so that you can have more energy, maintain a healthy weight, and improve your digestion. Purifying offers you a way to enjoy the best your body has to offer.\*

## Why do I need purification?

Purification, also known as detoxification, can help you remove natural toxins from your body and help maintain a healthy weight. We are exposed to external toxins everyday, including pollutants, pesticides, and chemicals. Internally our bodies produce waste byproducts as a result of normal metabolic function. Although your body is designed to rid itself of these toxins naturally, it can become overburdened. Purification offers your body additional support to expel natural toxins and minimize your weight, which is important to maintaining your health and vitality.

### Toxins can contribute to a wide range of conditions:

- ▶ Stuffy head
- ▶ Fatigue or difficulty sleeping
- ▶ Digestion and other gastrointestinal problems
- ▶ Food cravings and weight gain
- ▶ Reduced mental clarity
- ▶ Low libido



*There are approximately 80,000 synthetic chemicals registered for use in the U.S. The Centers for Disease Control and Prevention reports that hundreds of these chemicals are present in our bodies. Research has shown that many of these chemicals can disrupt our immune, endocrine, nervous, and reproductive systems. The following are examples of external and internal toxins.*

### External toxins

Air and water pollutants  
Caffeine  
Cigarette smoke  
Cosmetics  
Heavy metals

Household cleaning products  
Pesticides and herbicides  
Pharmaceuticals  
Preservatives

### Internal Toxins

Ammonia  
Carbon dioxide  
Free radicals



## How do I determine my toxic load?

Your toxic load is the amount of toxins that your body needs to process. By answering the following questions, you may gain some insight as to your current toxic load.

- Yes  No Do you or have you eaten processed foods?
- Yes  No Do you eat non-organic fruits and vegetables?
- Yes  No Do you eat meat and poultry that are not free range?
- Yes  No Do you consume genetically altered food?
- Yes  No Do you or have you ever used artificial sweeteners?
- Yes  No Do you drink soda?
- Yes  No Do the foods you eat have preservatives, additives, dyes, or sweeteners added?
- Yes  No Do you eat fast foods and/or eat out regularly?
- Yes  No Do you charbroil or grill foods?
- Yes  No Do you drink coffee regularly?
- Yes  No Do you drink alcohol?
- Yes  No Do you drink tap water?

If the majority of your answers are “yes”, then it is likely that your diet contributes significantly to your toxic load. Beyond diet, many external toxins, such as perfumes, cleaners, and pollution, add to your load.

## How do internal organs assist in purification?

The Standard Process Purification Program stimulates specific detoxification organs in the body—the liver, kidneys, and intestines. With help from these organs, your toxic load will decrease and your body will concentrate its energy on purification and weight reduction. This will help you achieve optimal health by cleansing the body from the inside out.\*

**Lighten your toxic load and manage your weight through the Standard Process Purification Program.**

**It will transform your body—and your life.**

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# THE Standard Process Purification Program

stimulates specific detoxification  
organs in your body—the liver,  
kidneys, and intestines.\*

## Liver

- ▶ Filters toxins
- ▶ Aids the body in metabolizing fat, protein, and carbohydrates
- ▶ Helps transform many toxins into harmless agents

## Kidneys

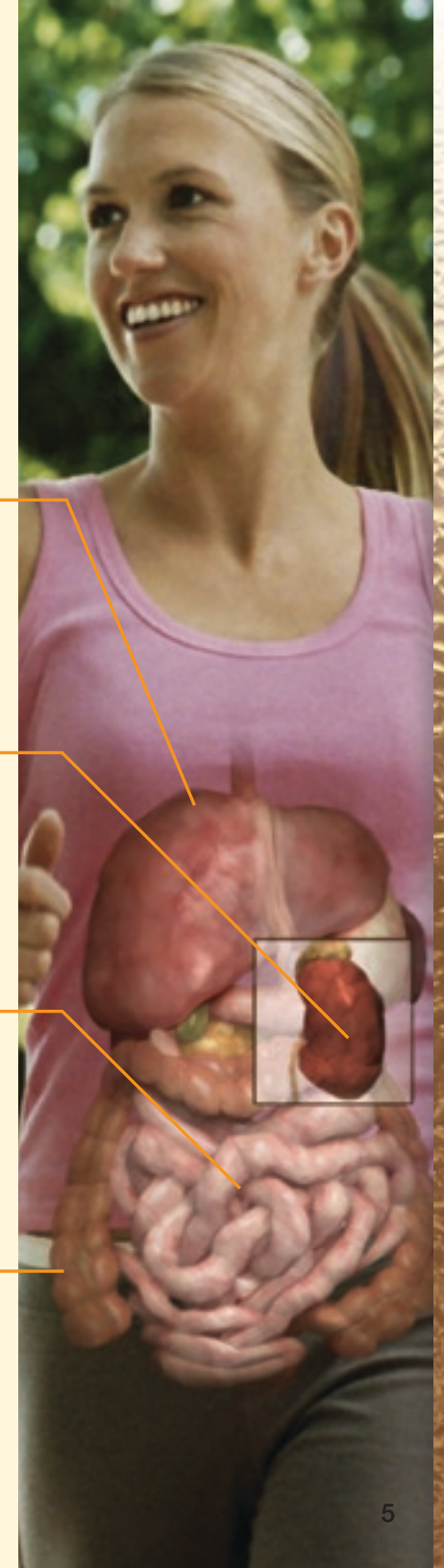
- ▶ Filter out waste and excess fluid from the blood
- ▶ Regulate and release the right balance of sodium, phosphorus, and potassium for the body to function properly

## Small intestine

- ▶ Digests food so that nutrients can be absorbed into the blood and transported to the liver
- ▶ Provides a barrier that blocks toxins from the rest of the body

## Large intestine

- ▶ Absorbs water and electrolytes, forming waste that is excreted from the body
- ▶ Produces antibodies for gastrointestinal health
- ▶ Contains bacterium that create fatty acids and some vitamins for additional nutritional support



## What supplements will I use during purification?

While participating in the purification program, your health care professional will recommend that you take the following Standard Process supplements:



### SP Cleanse® | Purification

- ▶ Vegetarian supplement that helps the body's purifying organs—kidneys, liver, and intestines—eliminate internal and external toxins
- ▶ Contains 20 different whole foods and botanicals with intrinsic detoxifying properties
- ▶ Supports the body's ability to remove toxins by:
  - Maintaining healthy liver function*
  - Supporting a healthy gastrointestinal environment*
  - Encouraging healthy kidney function*
  - Promoting regular elimination*
  - Supporting the lymphatic system, a major part of the immune system*
- ▶ Contains Spanish Black Radish that stimulates liver detoxification\*

### SP Complete™ | Nutritious Supplement Shakes

- ▶ Offers essential whole food nutrition in a versatile shake
- ▶ Delivers powerful antioxidant protection to support liver detoxification and immune function, as well as combat free radical damage
- ▶ Provides amino acids, essential fatty acids, and other vitamins to support intestinal, muscular, and immune health\*

### Gastro-Fiber® | Fiber Support

- ▶ Provides dietary fiber and other whole food sources that support:
  - Softening of the stool*
  - Regular elimination*
  - A healthy gut*
  - An optimal environment for the natural growth of "friendly" intestinal bacteria\**



### SP Green Food™ | Phytonutrients

- ▶ Contains five organically grown whole food concentrates: Brussels sprouts, kale, alfalfa, buckwheat, and barley grass to:
  - Support detoxification in the liver and combat free radical damage*
  - Provide a good source of essential amino acids, vitamins, and minerals\**

## Additional Supplementation

Your health care professional may also recommend these and other supplements during your program:

### Whey Pro Complete

- ▶ Supplies 15 additional grams of protein per serving to increase energy and support muscle tissue growth

### Tuna Omega-3 Oil

- ▶ Provides omega-3 fatty acids

### Gymnema 4g from MediHerb

- ▶ Maintains healthy blood sugar levels already within a healthy range when combined with a healthy diet

### Lact-Enz®

- ▶ Helps maintain a healthy intestinal environment

### Linum B6

- ▶ Contains flaxseed oil to help maintain healthy skin, nerve tissue, and blood fat levels\*

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# nourish

## Supplement Regimen

Follow the supplement regimen below, unless your health care professional advises you differently.

### Days 1-7

- ▶ 2-3 SP Complete shakes per day (2 scoops per shake)  
*See page 12 and our website for some tasty recipes*
- ▶ 7 SP Cleanse capsules 3 times per day
- ▶ 3 Gastro-Fiber capsules 3 times per day

If constipation occurs, increase water and raw vegetable intake; you can also eat one beet daily.

### Days 8-21

- ▶ 2-3 SP Complete shakes per day (2 scoops per shake)
- ▶ 3 Gastro-Fiber capsules 3 times per day
- ▶ 5 SP Green Food capsules 2 times per day

**Please note:** Supplements should be taken with an SP Complete shake or water, but not with meals, at least one hour before or two hours after meals or directly before bed.

**Protein is an essential nutrient during purification.**

**Talk to your health care professional about adding 2 scoops of Whey Pro Complete to each SP Complete shake for additional protein.**

**“Food always has been, and I suspect always will be, the ideal source of your vitamins, for they are surrounded by untold numbers of nutritional factors...” – Dr. Royal Lee**

The purification program emphasizes supplements and whole foods, particularly fruits and vegetables, while limiting high-calorie, refined foods and saturated fats. 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.

## What else will contribute to my success?

### Eating for success

- ▶ Eat a variety of foods; choose a rainbow of colors
- ▶ Eat frequently throughout the day, to maintain a level blood sugar range

### Refrain from consuming/using:

- ▶ Alcohol, caffeine, tobacco, or other stimulants  
*Taper off before you begin your program to lessen headaches*
- ▶ Nuts/seeds
- ▶ Dairy
- ▶ Grains (except wild or brown rice)
- ▶ Processed or refined foods

*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 benefit you can gain from the program.*



## What will I eat?

### Vegetables

You can eat an unlimited amount of vegetables from the list below (use organic whenever possible). Your vegetable intake should be twice the amount of fruit intake.

- ▶ Average serving size = ½ cup
- ▶ No dried or canned vegetables; frozen OK
- ▶ Fresh juices made from vegetables are also allowed
- ▶ Most vegetables may be steamed for four minutes or stir fried over low heat; however, for best results, consume ½ of your vegetables raw
- ▶ Fresh herbs and spices are optional

#### Vegetables

|  |                                  |                     |
|--|----------------------------------|---------------------|
| Artichokes   | Cabbage (all types)              | Eggplant            |
| Asparagus  | Carrots                          | Kohlrabies          |
| Beets, red<br><small>(Steam for 20-30 minutes or until soft)</small> | Cauliflower                      | Mushrooms           |
| Bok choy   | Celery                           | Peppers (any color) |
| Broccoli or brocciflower   | Chives, onions,<br>leeks, garlic | Radishes            |
| Brussels sprouts   | Cucumbers                        |                     |

#### Lettuce and Greens

|                  |                    |             |
|------------------|--------------------|-------------|
| Arugula          | Escarole           | Romaine     |
| Beet greens      | Kale               | Spinach     |
| Collard greens   | Mustard greens     | Swiss chard |
| Dandelion greens | Radichio           | Watercress  |
| Endive           | Red and green leaf |             |

### Oils

- ▶ Average serving size = 1 tsp. | Servings: 4-7 teaspoons per day
- ▶ Should be cold-pressed and unprocessed
- ▶ Use high-quality oils, such as:

|                        |   |
|------------------------|---|
| Coconut oil            | Flaxseed oil (Keep refrigerated, do not heat) |
| Extra-virgin olive oil | Grape seed oil                                |
| Fish oil               |   |

### Spring Water

- ▶ Drink a minimum of 8 glasses (64 oz.) of spring water a day

### Fruit

These fruits are just a sampling. Keep in mind that you should eat twice as many servings of vegetables as fruits—fresh or frozen only, no dried or canned fruit (use organic whenever possible).

- ▶ Average serving size indicated

|                          |                            |                       |
|--------------------------|----------------------------|-----------------------|
| Apples, 1 medium         | Guavas, 1 whole            | Papayas, 1 small      |
| Apricots, raw (3 medium) | Honeydew melon,<br>¼ small | Peaches, 2 small      |
| Avocados, ¼              | Kiwis, 1 whole             | Pears, 1 medium       |
| Bananas, ½ per shake     | Kumquats, 1 whole          | Pineapple, ½ cup      |
| Blackberries, 1 cup      | Lemons, 1 whole            | Plums, 2 small        |
| Blueberries, 1 cup       | Limes, 1 whole             | Pomegranates, 1 whole |
| Cantaloupe, ½ medium     | Loganberries, 1 cup        | Raspberries, 1 ½ cup  |
| Cherries, 15             | Mangos, 1 whole            | Rhubarb, 1 cup        |
| Cranberries, 1 cup whole | Mulberries, 1 cup          | Strawberries, 1 ½ cup |
| Figs, 2                  | Nectarines, 2 small        | Tangerines, 2 small   |
| Grapefruit, 1 whole      | Oranges, 1 large           | Tomatoes, 1 medium    |
| Grapes, 15               |                            |                       |

### Lentils\* or Rice

- ▶ Average serving size = ½ cup cooked
- ▶ 1-2 servings of lentils or 1 serving of wild or brown rice per day\*

\*Lentils are recommended over rice because lentils have a higher protein content

### Protein Sources (can be added to program on day 11)

- ▶ Average serving size = 3 oz. cooked
- ▶ Total servings: 2-4 per day, with 1-2 servings being fish  
*Fish should be deep sea fish (e.g. salmon, cod, or sea bass), not farm raised*  
*Select lean meat (chicken) that is organic, free range, antibiotic free, and hormone free, if possible.*
- ▶ Prepare by broiling, baking, roasting, or poaching
- ▶ No cured, smoked, or luncheon meats
- ▶ Ask your health care professional about adding 2 scoops of **Whey Pro Complete**, a powdered protein supplement, to each SP Complete shake for additional protein. (Whey Pro Complete can be added to shakes starting on day 1.)

## Shake Up Your Taste Buds With These Delicious SP Complete™ Recipes

### Original Recipe

2 rounded Tbs. (scoops) of SP Complete  
8 oz. water (increase for desired consistency)  
1 Tbs. high-quality oil (e.g. flaxseed oil)  
1-1 ½ cups of your favorite fresh or frozen fruit or vegetables\* (optional)

### Strawberry Twist

2 rounded Tbs. of SP Complete  
1 cup strawberries  
1 cup freshly juiced carrots\*  
1 Tbs. flaxseed oil  
1 cup ice cubes

### Triple Delight

2 rounded Tbs. of SP Complete  
½ cup fresh pineapple chunks  
½ banana  
½ cup frozen peaches  
1 cup ice cubes

### Directions for all shakes

Thoroughly blend all ingredients together. You may make a large enough batch to last you through the day, but make sure to keep it refrigerated, and remix it as needed before pouring.

Certain individuals may require additional protein during the program. Please consult with your health care professional about adding **Whey Pro Complete** to any SP Complete shake.

Visit [www.standardprocess.com](http://www.standardprocess.com) for more great SP Complete shake recipes.

### Citrus Berry Splash

2 rounded Tbs. of SP Complete  
½ cup blackberries  
¼ cup blueberries  
½ cup strawberries  
½ banana (optional)  
The juice from 2 freshly squeezed oranges  
1-2 cups ice cubes

### Banana Berry Blast

2 rounded Tbs. of SP Complete  
½ cup blueberries  
½ cup strawberries  
½ banana  
1 cup ice cubes

## Bring Your Salad to Life With These Accents

### Fruit Toppers

Top your salad with pureed fresh or frozen raspberries, freshly squeezed lemon, or other fruit to add zing to your greens.

### Garlic Olive Oil Dressing

2 cloves of organic garlic  
¼ tsp. Celtic Sea Salt®  
Juice from half of a freshly squeezed lemon  
⅓ cup flax oil

Mash garlic cloves with Celtic Sea Salt®. Squeeze lemon juice into the mixture. Taste...if needed, add more salt, garlic, or juice. Add flax oil. Mix all ingredients together and pour over salad.

### Apple Cider Vinaigrette

3 Tbs. organic apple cider vinegar  
½ cup extra-virgin olive oil  
¼ tsp. Celtic Sea Salt®  
1 tsp. oregano  
⅛ tsp. freshly ground pepper

Mix all ingredients together and refrigerate in a sealed container. Let dressing sit out for a few minutes before using.

### Seasonings

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





# maintain

## What should I expect after purification?

Upon completion of the purification program, you will have a different mindset about food, your body, and your health.

You may experience some or all of the following:

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

## How do I remain in good health after the program?

To maintain your health, choose to heal your body every day by consuming pure foods rich in vitamins and minerals. Continue to eat plenty of vegetables, fruit, and lean meat. Resist the temptation of sugary treats and other refined foods. Exercise is also important. Try to workout at least four times per week for 30-45 minutes. By following these important steps you can continue your journey to better health.

*Your health care professional may want you to complete the purification process once or twice a year to maintain your level of health and well-being. You can also consider adding SP Complete shakes to your normal routine. They are a great way to keep you going throughout the day.*

## How do I maintain a healthy weight?

After purification, you will have learned how to treat your body better by eating healthier and exercising more frequently. You will also have a new attitude toward food. You will see how the unhealthy things you may have craved during the program aren't as desirable as you thought. You will see how they make you feel and you may find that they won't meet your expectations. Even after reaching your desired weight, continue following the program guidelines to maintain a healthy weight, for now and years to come.



## Frequently Asked Questions About Purification

### Q Why does my body need to be purified?

A See page 2.

### Q What are the benefits of purification?

A 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.

By participating in a purification program, you may notice the following:

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

### Q Will this purification program help me lose weight?

A You can achieve weight loss by eliminating high-calorie, refined, nutrient-poor foods. The dietary component of the purification program is designed to be a nutrient-dense diet with the added benefit of utilizing whole foods and whole food supplements to support detoxification. The ideal weight management system is not a quick fix—instead it is a long-term commitment. You will need to make lifestyle changes that will continue long after the purification process has been completed. By following the Standard Process Purification Program recommended by your health care professional, you will be working toward sustained, long-term weight management.

### Q Is exercise necessary? How much and what type is recommended?

A Exercise facilitates the removal of toxins and it helps you manage a healthy weight. It is recommended that you walk at least 30-45 minutes at least four days per week. Strenuous exercise should be put on hold during the three-week period. Consult with your health care professional if you are currently on a more strenuous exercise program that you would like to maintain throughout the purification program.

### Q How do I stick to the program when eating away from home?

A Here are some tips to help you stay on track:

- ▶ Plan your strategy before you leave home.
- ▶ When choosing a restaurant, select one which serves foods that are on the recommended list. This will curb temptation.
- ▶ When traveling, pack a cooler of foods, including fresh fruit and sliced raw vegetables—and don't forget the water bottles.
- ▶ When attending a social gathering, bring a dish to pass that you know would be acceptable, like a fruit/veggie tray or chicken kabobs.

### Q What Standard Process supplements are taken during the program?

A See page 6.

### Q Can I take my regular supplements/medication on the program?

A Please contact your health care professional before you begin your purification program. They can help you decide what is right for you based on your health history, supplements/medications you are taking, and health goals. Your health care professional may recommend additional supplements to support you while on the program.

**Q Why can't I substitute different vegetables than what are outlined?**

**A** The vegetables cited in this booklet are recommended because of their high nutritive value and their capacity to support detoxification. As with any radical diet change, please consult your health care professional before starting this program.

**Q What physical changes will I experience during purification?**

**A** Two of the main effects will be an increase in urination and bowel movements. This is a natural effect of purifying and should not interfere with your daily activities. In rare cases, you may experience a throbbing sensation in the head, generalized aches, itchy skin, rashes, or fatigue. These are normal occurrences and will subside in a day or two.

Please talk with your health care professional if you have questions about how you are feeling or what you are experiencing.

**Q What can I do if I am tired or lack energy while on the program?**

**A** You may be fatigued because your body may require a higher amount of protein while purifying. Ask your health care professional about adding Whey Pro Complete to your program. Whey Pro Complete is a powdered protein supplement that contains 15 grams of protein per serving which should meet your protein requirements.

**Q What can I do for temporary constipation?**

**A** Remember to drink plenty of water—at least 64 ounces per day. If that doesn't help, eat plenty of vegetables and fruits with high fiber content. You also can eat one beet daily to encourage regular bowel movements. Talk with your health care professional for other recommendations.

**Q Do the purification products contain gluten?**

**A** Gluten is the substance remaining when the flour of wheat or other grain is washed to remove the starch. We assay the products to determine the amount of gluten present. After rigorous analysis, each product in the purification program contains less than 0.01% of gluten.



**Q Why is there lactose in SP Complete?**

**A** SP Complete is a nutritious supplement shake. Whey is a protein source found in the shake and lactose is a nutrient found in the whey. There is approximately ½ gram of lactose per shake.

**Q Is the Standard Process Purification Program vegetarian?**

**A** It is vegetarian (lacto-ovo), but not vegan. A lacto-ovo vegetarian will consume dairy products and eggs, while a vegan restricts all animal products from the diet.

**Q What if I am allergic to certain foods on the list?**

**A** 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.

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## Enjoy the Journey

During the next 21 days, you will experience ups and downs, both physically and emotionally, as your body rids itself of toxins. Record your experiences to allow your health care professional to determine how the program is working for you.

Below is an example of what you might record:

- ▶ What did you eat today? List the specific items you consumed.
- ▶ How are you feeling? Here are some examples:

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| <i>Energetic or Sluggish</i>      | <i>Grounded or Dizzy</i>            |
| <i>Refreshed or Tired/Drained</i> | <i>Clear/Receptive or Unfocused</i> |
| <i>Relaxed or Tense</i>           | <i>Calm or Nervous</i>              |
| <i>Content or Depressed</i>       |                                     |
- ▶ Did you experience any physical effects?

|   |  |
|---|--|
| <i>Skin Reactions (Itchy, Rashes, Acne, Clearer Skin)</i> | <i>Mild or Moderate Discomfort</i>             |
| <i>Flu-like Symptoms</i>                                  | <i>Gas or Bloating</i>                         |
| <i>Headaches</i>  | <i>Allergic Reactions</i>                      |
| <i>Aching Joints</i>                                      | <i>Constipation or Healthy Bowel Movements</i> |
| <i>Weight Loss</i>  |  |
- ▶ Are you doing any other purification techniques?  
*Saunas, massages, etc. may help relieve any negative symptoms listed above.*
- ▶ Exercise: List the amount of time and type of exercise.  
*Perspiring is also cleansing and will enhance the benefits of the purification and weight management process.*

## Daily Intake Journal

### Day 1

What did you eat today?

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

\_\_\_\_\_

### Day 2

What did you eat today?

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

How are you feeling?

Did you experience any physical effects?

Are you doing any other purification techniques?

Exercise:

\_\_\_\_\_

## Daily Intake Journal

### Day 3

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 4

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 5

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 6

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

## Daily Intake Journal

### Day 7

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 8

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 9

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 10

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_



## Daily Intake Journal

### Day 11

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 12

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 13

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 14

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

## Daily Intake Journal

### Day 15

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 16

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 17

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 18

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

## Daily Intake Journal

### Day 19

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 20

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Day 21

*What did you eat today?*

Breakfast \_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

*How are you feeling?*

*Did you experience any physical effects?*

*Are you doing any other purification techniques?*

*Exercise:*

\_\_\_\_\_

### Additional Notes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# Shopping List

## Vegetables

*Purchase twice as many veggies as fruit—  
fresh or frozen only, organic if possible.*

- |  |   |
|--|---|
| <input type="checkbox"/> Artichokes                  | <input type="checkbox"/> Celery                           |
| <input type="checkbox"/> Asparagus                   | <input type="checkbox"/> Chives, onions,<br>leeks, garlic |
| <input type="checkbox"/> Beets, red                  | <input type="checkbox"/> Cucumbers                        |
| <input type="checkbox"/> Bok choy                    | <input type="checkbox"/> Eggplant                         |
| <input type="checkbox"/> Broccoli or<br>brocciflower | <input type="checkbox"/> Kohlrabies                       |
| <input type="checkbox"/> Brussels<br>sprouts         | <input type="checkbox"/> Lettuce/Greens                   |
| <input type="checkbox"/> Cabbage (all types)         | <input type="checkbox"/> Mushrooms                        |
| <input type="checkbox"/> Carrots                     | <input type="checkbox"/> Peppers (any color)              |
| <input type="checkbox"/> Cauliflower                 | <input type="checkbox"/> Radishes                         |

## Fruit

*Fresh or frozen only, organic if possible.*

- |   |   |
|---|---|
| <input type="checkbox"/> Apples                       | <input type="checkbox"/> Limes                          |
| <input type="checkbox"/> Apricots, raw                | <input type="checkbox"/> Loganberries                   |
| <input type="checkbox"/> Avocados                     | <input type="checkbox"/> Mangos                         |
| <input type="checkbox"/> Bananas<br>(for shakes only) | <input type="checkbox"/> Mulberries                     |
| <input type="checkbox"/> Blackberries                 | <input type="checkbox"/> Nectarines                     |
| <input type="checkbox"/> Blueberries                  | <input type="checkbox"/> Oranges                        |
| <input type="checkbox"/> Cantaloupe                   | <input type="checkbox"/> Papayas                        |
| <input type="checkbox"/> Cherries                     | <input type="checkbox"/> Peaches                        |
| <input type="checkbox"/> Cranberries                  | <input type="checkbox"/> Pears                          |
| <input type="checkbox"/> Figs                         | <input type="checkbox"/> Pineapple<br>(for shakes only) |
| <input type="checkbox"/> Grapefruit                   | <input type="checkbox"/> Plums                          |
| <input type="checkbox"/> Grapes                       | <input type="checkbox"/> Pomegranates                   |
| <input type="checkbox"/> Guavas                       | <input type="checkbox"/> Raspberries                    |
| <input type="checkbox"/> Honeydew<br>melon            | <input type="checkbox"/> Rhubarb                        |
| <input type="checkbox"/> Kiwis                        | <input type="checkbox"/> Strawberries                   |
| <input type="checkbox"/> Kumquats                     | <input type="checkbox"/> Tangerines                     |
| <input type="checkbox"/> Lemons                       | <input type="checkbox"/> Tomatoes                       |

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