

SP Green Food™

4650

Please Copy for Your Patients

SP Green Food Provides a Simple, Natural Way for People of All Ages to Improve Their Nutritional Needs

Over the years, the familiar statement “don’t forget to finish your vegetables” has evolved from a loving reminder to a thoroughly researched, national health recommendation for people of all ages. 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 at any age find it difficult to reach even the minimum requirement, with children topping the list. While we all need certain nutrients to maintain our bodies, children rely on them even more to grow and develop healthy bodies and minds. The next best thing to actually eating five to nine servings of fresh fruits and vegetables daily is to help support the diet with supplements made from natural, whole foods containing nutrients in their natural form—complete with all of their synergistic cofactors.†

How SP Green Food Keeps You Healthy

Improves daily nutrition

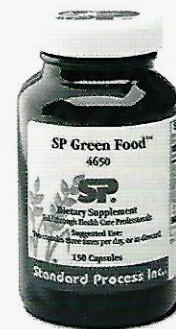
Lack of vegetables in the diet contributes to diminished amounts of vitamins, minerals, and other precious nutrients our bodies need in order to grow and develop properly when we’re young and keep us healthy as we mature. Since many of us often fail to eat the amounts of foods required to help us meet nutritional recommendations, taking supplements made from vacuum-dried green vegetables can complement the diet. Vacuum-dried vegetables contain essential vitamins, minerals, micronutrients, and other phytochemicals to help support our bodies and maintain good health.†

Supports healthy growth and development

Buckwheat contains lysine, an essential amino acid required by children for proper growth and bone development. It also contains the vitamin P complex—a source of rutin and other bioflavonoids. Buckwheat contributes minerals to promote proper blood and bone formation. Alfalfa is abundant with minerals and contains both vitamin K and coumesterol that work together to support proper bone density. Alfalfa offers a highly-bioavailable source of protein, vitamins, and minerals—important at any stage in life, but especially during the growing years.†

Provides strong antioxidant protection and immune support

Alfalfa, buckwheat, Brussels sprouts, barley grass, and kale all contain vital nutrients along with their synergistic cofactors to maintain cellular health, provide protection from free radical damage, and support immune function.†



Introduced in:

2000

Content:

150 Capsules

Supplement Facts:

Serving Size: 2 capsules
Servings per Container: 75

	%DV
Calories	2.6
Buckwheat Juice Powder (Organically grown)	200 mg
Barley Grass Juice Powder (Organically grown)	100 mg

This product is part of our Purification Kit (12010) which also includes SP Cleanse®, SP Complete™, and Gastro-Fiber®.



800-558-8740 • www.standardprocess.com

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SP Green Food™ 4650

SP Green Food™

What Makes SP Green Food Unique

Unique Product Attributes

This is a vegetarian product

Ingredients are derived from five different green-vegetable sources

- To provide the strongest and purest source of nutrients conserved in their entirety
- To ensure natural nutritional benefit and gain additional efficacy through the presence of synergistic cofactors
- Economical, consistent, and simple way to receive multiple-source nutrients†

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

Enzyme protection from our unique processing technique

- Chopping of the cruciferous vegetables before drying exposes the vegetable surface for later enzyme release
- Vacuum drying helps preserve the enzyme quality which enhances the amount of enzymes available for fighting free radicals†

Not disassociated into isolated components

- The nutrients in SP Green Food are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Proprietary Blend: Brussels sprout powder (whole plant), kale powder, and alfalfa sprout powder (all organically grown).

Other Ingredients: Cellulose, water, and calcium stearate.

Suggested Use: Two capsules three times per day, or as directed.

Sold to health care professionals.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the **supplemental facts for SP Green Food™**.

Alfalfa Sprouts and Disease Prevention. International Sprout Growers Association. www.isga-sprouts.org.
Anderson L.E. 1998. *Mosby's Medical, Nursing, & Allied Health Dictionary*. 5th ed. St. Louis, MO: Mosby: 570, 1029, 1036, 1716.
Balch J.F., Balch P.A. 1997. *Prescription for Nutritional Healing*. 2nd ed. Garden City Park, NY: Avery Publishing Group: 6, 20, 44, 49-50.
Barley Grass. 2000. About.com, Inc.
Bijiani R.L., et al. 1985. Effect of sieved buckwheat (*Fagopyrum esculentum*) flour supplementation on lipid profile and glucose tolerance. *Indian Journal of Physiological Pharmacology* 29(2): 69-74.
De Francischi M.L., et al. 1994. Chemical, nutritional and technological characteristics of buckwheat and non-prolamine buckwheat flours in comparison of wheat flour. *Plant Foods in Human Nutrition* 46(4): 323-329.
De Francischi M.L., et al. 1994. Immunological analysis of serum for buckwheat fed celiac patients. *Plant Foods in Human Nutrition* 46(3): 207-211.
Edwardson S. 1996. Buckwheat: Pseudocereal and nutraceutical. *Progress in New Crops*. Alexandria, VA: ASHS Press: 195-207.
Gollman B. 2000. *Phytobia Top 10*. <http://www.phytobia.com/GlossRm.htm>.
Gutteridge J., Halliwell B. 1994. *Antioxidants in Nutrition, Health, and Disease*. Oxford, United Kingdom: Oxford University Press: 7-16.
He J., et al. 1995. Oats and buckwheat intakes and cardiovascular disease risk factors in an ethnic minority of China. *American Journal of Clinical Nutrition* 61(2): 366-372.
Ihme N., et al. 1996. Leg oedema protection from a buckwheat herb tea in patients with chronic venous insufficiency: a single-centre, randomised, double-blind, placebo-controlled clinical trial. *European Journal of Clinical Pharmacology* 50(6): 443-447.
Irion C.W. 1999. Growing alliums and brassicas in selenium-enriched soils increases their anticarcinogenic potentials. *Medical Hypotheses* 53(3): 232-235.

Kayashita J., et al. 1995. Production of buckwheat protein extract and its hypocholesterolemic effect. Matsumoto, Japan: Department of Development and Health Care, Kissei Pharmaceutical Co., Ltd.
Kayashita J., et al. 1997. Consumption of buckwheat protein lowers plasma cholesterol and raises fecal neutral sterols in cholesterol-fed rats because of its low digestibility. *Journal of Nutrition* 127(7): 1395-1400.
Kayashita J., et al. 1999. Consumption of a buckwheat protein extract retards 7,12-dimethylbenz[alpha]anthracene-induced mammary carcinogenesis in rats. *Biosci Biotechnol Biochem* 63(10): 1837-1839.
Kilham C. 1997. *OPC: The Miracle Antioxidant*. New Canaan, CT: Keats Publishing, Inc.: 7, 9, 14, 16, 18-19, 21-23, 29-30, 33-34, 36-38, 42-43.
Meyerowitz S. 1999. *For the Next Millennium: Don't Forget the Sprouts!* The Sprout House®.
Nick G. 1999. A Scientific Validation for the Potential Benefits of Supplementing the Diet With Vacuum-Dried Green Vegetable Complexes to Support the Physical and Mental Health of Young Children. *Scientific Monograph* 1-5.
Osborne M.P. 1999. Chemoprevention of breast cancer. *Surg Clin North America* 79(5): 1207-1221.
Osborne M.P., et al. 1993. Upregulation of estradiol C16 alpha-hydroxylation in human breast tissue: a potential biomarker of breast cancer risk. *Journal of the National Cancer Institute* 85(23): 1917-1920.
Pitchford P. 1993. *Healing with Whole Foods*. Revised ed. Berkeley, CA: North Atlantic Books: 103, 199-210, 422, 501, 528-529.
Reduce Your Cancer Risk Through Better Nutrition. National Foundation for Cancer Research. Patient teaching mailer. 2000. www.nfcr.org.
Rout M.K., Chungoo N.K. 1996. Partial characterization of the lysine rich 280kD globulin from common buckwheat (*Fagopyrum esculentum* Moench): its antigenic homology with seed proteins of some other crops. *Biochem Mol Biol Int* 40(3): 587-595.
Rout M.K., Chungoo N.K. 1999. The lysine and methionine rich basic subunit of buckwheat grain legumin: some results of a structural study. *Biochem Mol Biol Int* 47(6): 921-926.
Seibold R.L. *Cereal Grass Nature's Greatest Health Gift*. New Canaan, CT: Keats Publishing, Inc.
Van Popel G., et al. 1999. Brassica vegetables and cancer prevention. Epidemiology and mechanisms. *Adv Exp Med Biol* 472: 159-168.
Women.com Networks. *KALE*. 1995-2000.