



# 10-DAY PROGRAM FEMALE VITALITY

PROGRAM OVERVIEW

**Congratulations** on starting your 10-Day Female Vitality Program! The products selected for you are specific to the organs and glands that will assist you in improving your health and vitality. This program consists of high quality whole food and herbal complexes that contain many beneficial nutritional constituents that are essential to our health - as opposed to synthetic vitamins that are missing the naturally occurring enzymes and complexes. On the Standard Process® labels you will recognize many foods such as kale, brussels sprouts, beets, barley grass, etc. Below is a brief description of the products that will support your 10-Day Female Vitality Program.

## SP COMPLETE®

- Whole Food supplement shake that includes amino acids, essential fatty acids, vegetable concentrates, and powerful antioxidant protection to support the entire range of body systems

## SP CLEANSE®

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin removal process

## FEMCO

- Supports a woman's general well-being and vitality, eases the effects of everyday tension and stress, supports healthy liver function, and encourages healthy menstrual cycling

## PARAPLEX®

- A combination product that provides nucleoprotein extracts specific for supporting Pancreas, Thyroid, Pituitary, and Adrenal glands

## CHASTE TREE (For Cycling Women)

- Contains specific flavonoids and glycosides which helps promote a natural healthy balance within the female hormonal system

## TRIBULUS (For Non-Cycling Women)

- Contains an extract of tribulus and other herbal compounds including glycosides, which helps to support normal hormonal production, vitality, and stamina in women

Below are suggested dietary guidelines that will complement the nutritional supplements to help achieve optimal health benefits during your 10-Day Program.

## FOOD

- Have 3 SP Complete® shakes per day made with 1 -1 ½ cups of fresh or frozen fruits or vegetables, 8 oz of water, and 2 scoops of SP Complete®
- For optimal results, it is suggested that you follow the Phase I Dietary Guidelines during the program and transition to Phase II after the program.
- Eat frequently throughout the day to maintain even blood sugar levels
- Increase your fruit and vegetable intake to increase fiber and antioxidant levels
- Eat twice as many vegetables as fruits (organic whenever possible)
- Add a mixed green salad with lunch and dinner
- Eat different vegetables with a variety of colors as each color category provides different nutrients!
- Certain common foods create sensitivities in some individuals; these include Wheat/Gluten, Dairy and Soy. You may want to discuss this with your healthcare practitioner to see if you would benefit from eliminating them during this 10-Day Program.



## WATER

*Water is cleansing!* To better determine how much water you need each day, divide your body weight in half. The answer is the approximate number of water ounces you should drink daily.

**You should drink half of your body weight in ounces.**

*(i.e. If you weigh 200 pounds, you should drink 100 oz, which is eight 12-oz glasses of water a day)*

### THINGS TO REMOVE/LIMIT

Alcohol, soft drinks, hot chocolate  
*(limit caffeine intake to 1 per day)*

Refined carbohydrates found in cakes, cookies, muffins, donuts, ice cream, etc.

Artificial sweeteners, table sugar

Chemical additives, preservatives, dyes, coloring agents, flavors, etc.

Meats, chicken, pork, turkey, processed meats, hot dogs, etc.

Foods fried in Trans Fats

### BETTER OPTIONS

Water, spring water, green tea, herbal teas

Whole Foods in their natural state

Raw Honey

Foods/beverages in their natural state

Small servings\* (3 oz.) organic meats, wild salmon

"Baked" or foods 'lightly sautéed' in organic coconut oil, or butter

See Reverse Side for Recommended Dietary Guidelines  
Contact Your Healthcare Practitioner For More Details.

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

\*For optimal weight loss, consider removing all animal protein for the 10-Day Program (your daily protein will be coming from SP Complete® shakes & lentils)

Note: Program not to be used during pregnancy or lactation, unless otherwise directed by a Health Care Practitioner.