

PERQUE WELL GUARD™ CONDITION CROSS REFERENCE GUIDE

The PERQUE Cross Reference Guide has been designed to facilitate product selection and benefit synergies. PERQUE products are categorized by functional topic, applicability, and priority. These functional suggestions of nutritive need are not intended to be used in the treatment, cure, prevention, or mitigation of any disease or disorder as specified in FDA guidelines. Only health professionals diagnose and treat diseases or disorders. **NOTE: Supplements in green are essential. Supplements in black are also most likely to be helpful.**

<u>Condition</u>	<u>Supplement timing for maximum benefit:</u>	<u>Rising</u>	<u>Breakfast</u>	<u>Dinner</u>	<u>Bedtime</u>
<u>SYNDROME X / INSULIN RESISTANCE / DIABETES</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Glucose Regulation Guard: <i>Regulate based on blood sugar levels (see label)</i>		1-2	1-2	1-2	1-2
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Adreno Distress Guard: <i>Enables stress hormone balance</i>			1-2	1-2	
Vitamin D3 Cell Guard: <i>Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
Vessel Health Guard: <i>Promotes heart, blood vessel, and brain health</i>		1		1	
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
Metabolipid D•Tox Plus Guard: <i>100% L-carnitine fumarate; MCT + Kelp</i>		2	2	2	2
<u>ADRENAL HEALTH / CHRONIC FATIGUE</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Mg Plus Guard and Choline Citrate: <i>Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
Mito Guard Plus (CoQ10 Plus): <i>With rice bran oil and vitamin E for superior action</i>		0	1-2	1-2	0
Endura / PAK Guard (L-Glutamine & PAK): <i>Energy-enhancing formula</i>		1-6	0	0	1-6
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Adreno Distress Guard: <i>Enables stress hormone balance</i>		1-2	1-2	1-2	1-2
Detox IN Guard (PERQUE1): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Vessel Health Guard: <i>Promotes heart, blood vessel, and brain health</i>			2	2	
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<u>FIBROMYALGIA</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Mg Plus Guard and Choline Citrate: <i>Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
Endura / PAK Guard (L-Glutamine & PAK): <i>Energy-enhancing formula</i>		1-6	0	0	1-6
Mito Guard Plus (CoQ10 Plus): <i>With rice bran oil and vitamin E for superior action</i>		0	1-2	1-2	0
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Adreno Distress Guard: <i>Enables stress hormone balance</i>		1-2	1-2	1-2	1-2
Detox IN Guard (PERQUE1): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
Vitamin D3 Cell Guard: <i>Potent liquid sublingual*</i>			1-2 drops	1-2 drops	

*Sufficient Vitamin D3 to achieve a healthy blood level of 50-80 ng/ml or as directed by your health professional.

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<u>HEART AND VASCULAR HEALTH</u>					
<i>Life Guard: Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
<i>Mito Guard Plus (CoQ10 Plus): With rice bran oil and vitamin E for superior action</i>		0	1-2	1-2	0
<i>Mg Plus Guard and Choline Citrate: Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
<i>Potent C Guard (Buffered C Powder): Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
<i>Repair Guard or Pain Guard Forté: Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
<i>EPA/DHA Guard or Triple EFA Guard: Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
<i>Vessel Health Guard: Promotes heart, blood vessel, and brain health</i>		1			1
<i>Energized Double Zinc Guard: Blend of zinc citrate and picolinate with vitamin B-6</i>			0-2	0-2	
<i>Regularity Guard: Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<i>Metabolipid D•Tox Plus Guard: 100% L-carnitine fumarate; MCT + Kelp</i>		2	2	2	2
<i>Vitamin D3 Cell Guard: Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
<u>COLD AND FLU</u>					
<i>Life Guard: Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
<i>Repair Guard or Pain Guard: Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
<i>Potent C Guard (Buffered C Powder): Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
<i>Zinc + Throat Guard Lozenges: Active zinc, vitamin C, Echinacea, Slippery elm, and OPC 85+</i>		[Dissolve 1 lozenge in mouth every two hours as needed]			
<i>Energized Double Zinc Guard: Blend of zinc citrate and picolinate with vitamin B-6</i>			0-2	0-2	
<i>Vitamin D3 Cell Guard: Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
<u>STRESS / DISTRESS</u>					
<i>Life Guard: Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
<i>Potent C Guard (Buffered C Powder): Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
<i>Repair Guard or Pain Guard Forté: Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
<i>Adreno Distress Guard: Enables stress hormone balance</i>		1-2	1-2	1-2	1-2
<i>Detox IN Guard (PERQUE1): Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
<i>Energized Double Zinc Guard: Blend of zinc citrate and picolinate with vitamin B-6</i>			0-2	0-2	
<i>Activated B-12 Guard: Sublingual hydroxocobalamin</i>		0-3	1-3	0-3	0-3
<i>Mood Guard: Detoxifier and natural anti-depressant</i>		1-3	0	0	1-3
<i>Regularity Guard: Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<i>Vitamin D3 Cell Guard: Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
<u>LIVER HEALTH / HEPATITIS RISK (A, B, C, D, CHEMICAL OR RISK)</u>					
<i>Life Guard: Comprehensive, 40-nutrient, five-products-in-one formula</i>		2	2		
<i>Detox IN Guard (PERQUE1): Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
<i>Liva Guard (A/O 2): Detoxifier, anti-oxidant with silymarin and glutathione</i>		0-1	1-2	1-2	0-1
<i>Potent C Guard (Buffered C Powder): Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
<i>Mg Plus Guard and Choline Citrate: Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
<i>Repair Guard or Pain Guard Forté: Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
<i>Activated B-12 Guard: Sublingual hydroxocobalamin</i>		0-3	1-3	0-3	0-3
<i>Digesta Guard Forté 10± FOS (Dophilus): Non-dairy, nine-strain formula</i>			1-3	1-3	

*Sufficient Vitamin D3 to achieve a healthy blood level of 50-80 ng/ml or as directed by your health professional.

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<u>MEN'S HEALTH (OVER AGE 40)</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Mito Guard Plus (CoQ10 Plus): <i>With rice bran oil and vitamin E for superior action</i>		0	1-2	1-2	0
Liva Guard (A/O 2): <i>Detoxifier, anti-oxidant with silymarin and glutathione</i>		0-1	1-2	1-2	0-1
Prost8 Vitality Guard: <i>Prostate formula with saw palmetto, lycopene, pygeum, and more</i>			1-3	1-3	
Double Zinc Guard: <i>Blend of zinc citrate and picolinate with vitamin B-6</i>			0-2	0-2	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Vessel Health Guard: <i>Promotes heart, blood vessel, and brain health</i>		1			
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<u>WOMEN'S HEALTH (OVER AGE 40)</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Bone Guard Forté 20: <i>Complete bone-building formula for maximum utilization</i>			1-3	1-3	
Joint Guard (BioPair): <i>Glucosamine, chondroitin, and OPC 85+ for joints and inflammation</i>			1-3	1-3	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Hematin Anemia Guard: <i>Complete iron formula</i>		0-1			0-1
Mg Plus Guard and Choline Citrate: <i>Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
Digesta Guard Forté 10± FOS (Dophilus): <i>Non-dairy, nine-strain formula</i>			1-3	1-3	
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<u>WEIGHT MANAGEMENT</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Glucose Regulation Guard: <i>Regulate based on blood sugar levels (see label)</i>		1-2	1-2	1-2	1-2
Detox IN Guard (PERQUEI): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Metabolipid D•Tox Plus Guard: <i>100% L-carnitine fumarate; MCT + Kelp</i>		2	2	2	2
Adreno Distress Guard: <i>Enables stress hormone balance</i>		1-2	1-2	1-2	1-2
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<u>FITNESS BENEFIT ENHANCEMENT / EXERCISE STRAIN / ACCIDENT RESPONSE</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Endura / PAK Guard (L-Glutamine & PAK) : <i>Energy-enhancing formula</i>		1-6	0	0	1-6
Choline Citrate: <i>Liquid mineral transporter for those with malabsorption</i>			1 teaspoon	1 teaspoon (in fruit or vegetable juice)	
Metabolipid D•Tox Plus Guard: <i>100% L-carnitine fumarate; MCT + Kelp</i>		2	2	2	2
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Detox IN Guard (PERQUEI): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
Vessel Health Guard: <i>Promotes heart, blood vessel, and brain health</i>		1			1
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
Glucose Regulation Guard: <i>Regulate based on blood sugar levels (see label)</i>		1-2	1-2	1-2	1-2

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<u>Condition</u>	<u>Supplement timing for maximum benefit:</u>	<u>Rising</u>	<u>Breakfast</u>	<u>Dinner</u>	<u>Bedtime</u>
<u>INFLAMMATION / REPAIR</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Detox IN Guard (PERQUE1): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
Liva Guard (A/O 2): <i>Detoxifier, anti-oxidant with silymarin and glutathione</i>		0-1	1-2	1-2	0-1
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Vitamin D3 Cell Guard: <i>Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
Regularity Guard: <i>Improve bulk and digestive transit time</i>			1-2 scoops	1-2 scoops	
<u>DIGESTIVE HEALTH</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Digesta Guard Forté 10± FOS (Dophilus): <i>Non-dairy, nine-strain formula</i>			1-3	1-3	
Endura / PAK Guard (L-Glutamine & PAK): <i>Energy-enhancing formula</i>		1-6	0	0	1-6
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Regularity Guard: <i>Improve bulk and digestive transit time</i>			3-4 scoops	3-4 scoops	
Vitamin D3 Cell Guard: <i>Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
Activated B-12 Guard: <i>Sublingual hydroxocobalamin</i>		0-3	1-3	0-3	0-3
<u>BONE HEALTH: OSTEOPOROSIS OR OSTEOPENIA RISK</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Bone Guard Forté 20: <i>Complete bone-building formula for maximum utilization</i>			1-3	1-3	
Mg Plus Guard and Choline Citrate: <i>Enhanced mineral uptake: Dosage Proportion - 2 caps + 1 tsp.</i>		1	1-2	1-2	1-2
Joint Guard (BioPair): <i>Glucosamine, chondroitin, and OPC 85+ for joint health</i>			1-3	1-3	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Vitamin D3 Cell Guard: <i>Potent liquid sublingual*</i>			1-2 drops	1-2 drops	
<u>JOINT HEALTH / SPORTS INJURY TO JOINTS</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Joint Guard (BioPair): <i>Glucosamine, chondroitin, and OPC 85+ for joint health</i>			1-3	1-3	
Bone Guard Forté 20: <i>Complete bone-building formula for maximum utilization</i>			1-3	1-3	
EPA/DHA Guard or Triple EFA Guard: <i>Safer Omega-3s or Omega 3,6,9, CLA & DHA</i>			2	2	
Endura / PAK Guard (L-Glutamine & PAK): <i>Energy-enhancing formula</i>		1-6	0	0	1-6
<u>LUNG HEALTH</u>					
Life Guard: <i>Comprehensive, 40-nutrient, five-products-in-one formula</i>			2	2	
Detox IN Guard (PERQUE1): <i>Detoxifying, chelating formula for physical and environmental stress</i>		1-2	0	0	2-4
Potent C Guard (Buffered C Powder): <i>Fully buffered, pH-balanced, and reduced vitamin C</i>		[Based on "C Calibration" or as recommended by health professional]			
Repair Guard or Pain Guard Forté: <i>Manage inflammation and reduce pain naturally</i>		0-2	1-4	1-4	1-4
Endura / PAK Guard (L-Glutamine & PAK): <i>Energy-enhancing formula</i>		1-6	0	0	1-6
Liva Guard (A/O 2): <i>Detoxifier, anti-oxidant with silymarin and glutathione</i>		0-1	1-2	1-2	0-1

*Sufficient Vitamin D3 to achieve a healthy blood level of 50-80 ng/ml or as directed by your health professional.