



ALL-NATURAL CHEWABLE
COMPREHENSIVE FORMULA
24 NUTRIENTS FOR CHILDREN AND ADULTS



PERQUE LIFE GUARD CHEWABLES™:

COMPLETE SUPPLEMENTS FOR THOSE WHO PREFER A CHEWABLE

HEALTHY, TASTY CHEWABLES

For many parents, the need for supplementation is obvious. Fast food, a mainstay for so many children, simply does not provide the nutrition that young people need. While supplements cannot replace a good diet, **PERQUE Life Guard Chewables, formulated for children, lowers the risks associated with a poor diet.***

There are two sets of criteria that can be used to evaluate a supplement, which are not always satisfied in commercial brands.* **PERQUE Life Guard Chewables meets both of the following needs:**

- Parents are concerned with what is in the supplement and how it will benefit their child.*
- Children are primarily concerned with the taste and texture of what is being put into their mouths. Contrary to popular belief, pleasant taste can be achieved without the empty calories of refined sugar. **PERQUE Chewables is flavored only with a small amount of Sucanat®** (natural sugar cane juice) for a unique and pleasing flavor.*

Many children's multi-vitamin/mineral formulas contain only a few (usually 10 - 11) essential nutrients and have very poor bioavailability.*

PERQUE Life Guard Chewables includes 24 essential nutrients. Only the PERQUE complete formula includes the following important nutrients for children that others leave out:*

- **Chromium** aids in sugar metabolism.*
- **Silica** promotes bone, hair and skin, and connective tissue health.*
- **Manganese** is important for sugar metabolism and bone and connective tissue health.*

- **Biotin** promotes proper fat, protein, and sugar metabolism.*

What you don't find in supplements is often just as important as what you do find. **PERQUE Life Guard Chewables is free of iodine, iron, and copper. These nutrients should always be taken separately.** When included in a multiple formula, they can oxidize the antioxidants and cause free radical damage. Additionally, iron should always be taken separately as it competes with calcium and zinc.*

SOME ADULTS PREFER CHEWABLES

PERQUE Chewables is not only complete for kids, but offers a viable alternative for adults as well. Many adults do not like to swallow pills. For individuals who are in need of detoxification and are required to build up their dosage slowly, **PERQUE Chewables** offers greater control in dosing.*

SETTING A HIGHER STANDARD

PERQUE Chewables is an exceptionally pure product, using only pharmaceutical, reagent-grade ingredients. These ingredients are combined in biologically correct proportions, with the natural transporters and cofactors necessary for **maximum activity.** This means much more active uptake and utilization.*

The Food and Drug Administration (FDA) does not regulate the activity of vitamins. Consequently, vitamins need not be manufactured to pharmaceutical standards or tested for bioavailability. In fact, the tablet binders and fillers that can overwhelm or contaminate active ingredients are often not listed on the label. This is a particularly important issue for individuals who are sensitive.

PERQUE LIFE GUARD CHEWABLES





ONE PERQUE CHEWABLE PROVIDES THESE 24 VITAMINS AND MINERALS:



Vitamins

Vitamin A (beta-carotene)	5,000 IU
Vitamin B-1 (thiamine HCl)	5 mg.
Vitamin B-2 (riboflavin)	5 mg.
Vitamin B-3 (niacinamide)	5 mg.
Vitamin B-5 (calcium d-pantothenate)	5 mg.
Vitamin B-6 (pyridoxine)	5 mg.
Vitamin B-12 (hydroxocobalamin)	5 mcg
Folate (folinate)	400 mcg
PABA (para-aminobenzoic acid)	0.5 mcg
Biotin (pure crystalline)	60 mcg
Choline (citrate)	2 mg.
Inositol	2 mg.
Vitamin C	60 mg.
(100% l-ascorbate, fully reduced, corn free)	
Vitamin D-3 (1,25 dihydroxycholecalciferol)	200 IU
Vitamins E (from mixed natural tocopherols) [¥] ..	30 IU
Quercetin dihydrate	10 mg.
(water-soluble bioflavonoid)	

Minerals

Calcium (as gluconate)	50 mg.
Magnesium (as gluconate)	25 mg.
Potassium (as gluconate)	2 mg.
Manganese (as gluconate)	1 mg.
Zinc (as citrate and aspartate)	5 mg.
Silica (from equisetum botanical)	0.5 mcg
Chromium (as picolinate and ascorbate) [^]	2 mcg
Selenium (as l-selenomethionine) [^]	2 mcg

Energized Nutrients

Mannitol	200 mg.
Magnesium (as C16 and C18 alkyls)	30 mg.
(from whole, untreated palm fruit and leaf)	
Sucanat [®] (organic, whole cane juice)	420 mg.
100% Whole raspberry fruit extract	45 mg.
100% Whole cherry fruit extract	7 mg.

[^]From Nutrition 21

[¥]Vitamins E is stated to reinforce the fact that **PERQUE** uses the alpha, beta, gamma, and delta forms of the natural tocopherols.

Typical Dosage

As a dietary supplement, take one (1) chewable daily as a nutritional supplement or as directed by your health professional.

Available in bottles of 90 cherry/raspberry-flavored chewables.

Only **PERQUE** tests its products to guarantee its label claims.*

Life Guard Chewables uses active vitamin **D-3**, eliminating the question of vitamin D toxicity. Government dosage ranges are only set for vitamin D-2, which must be efficiently converted by the body to the active D-3 form. D-2 can become toxic if conversion is not adequate.*

The natural forms of the nutrients in **Life Guard Chewables** are suitable for people who are sensitive

to the citrus products used in most chewable formulas; **PERQUE Life Guard Chewables** does not contain rose hips or hesperidin (citrus) flavonoids. **These sources of vitamin C do not produce enough activity to ever be used in a PERQUE product.** Vitamin A in **Life Guard Chewables** is in the form of beta-carotene extracted from vegetables.*

PERQUE Life Guard Chewables is a complete supplement that includes all the important nutrients a growing child needs.*

TYPICAL DOSAGE FOR CHILDREN

Take one (1) **PERQUE Chewables** for each 25 pounds of body weight per day.

TYPICAL DOSAGE FOR ADULTS

Take one (1) to eight (8) **PERQUE Chewables** per day.

Eight (8) **PERQUE Chewables** equal the benefit of one (1) **PERQUE2 Life Guard** tablet.

1. Subar AF, Krebs-Smith SM, Cook A, Kahle LL: Dietary sources of nutrients among US children, 1989-1991. *Pediatrics* 1998 October; 102(4Pt 1): 913-923.



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THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Life Guard Chewables** comes with a 100%, unconditional, money-back guarantee — the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products—no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- 100% vegetarian formula.
- Unique post-production assays and clinical bioassays assure product integrity.

YOUR QUALITY ASSURANCE

Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.

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