



# TRIPLE EFA GUARD



# PERQUE

## TRIPLE EFA GUARD™:

### DHA/EPA/CLA - OMEGA 3, 6, AND 9 EFAS IN THE RIGHT PROPORTIONS FOR A HEALTHIER YOU

4:1 OMEGA 3 TO OMEGA 6 + CLA+DHA. THE ONLY COMPLETE ESSENTIAL OIL.

#### WHY YOU NEED ESSENTIAL OILS FROM

#### PERQUE TRIPLE EFA GUARD

Some fat is good and in fact is essential for optimal health. **PERQUE Triple EFA Guard** contains the best balance (4:1) of omega 3 to omega 6 essential fatty acids (EFAs), along with the beneficial omega 9 EFA and the most potent docosahexaenoic acid (DHA) / conjugated linoleic acid (CLA) combination. **Finally, a product with the essential oils you need.\***

This is the philosophy and practice that has made **PERQUE** the gold standard of professionals across the country. Like many, you may associate fat with obesity and health risk. However, certain fats are required for healthy function; these are known as EFAs. **PERQUE Triple EFA Guard** is a unique blend of oils: organic flax seed oil as well as olive and fish oils plus DHA and CLA. Finally, an essential oil product that meets **PERQUE's** standards and brings the complicated issues of fat supplementation into one easy-to-use, source. EFAs are essential because they can only be obtained from the diet. The body is unable to manufacture them even though they are required for critical chemical reactions in the body. The average American diet is too high in harmful fats, and therefore, it is also deficient in EFAs. Foods lose EFAs through processing, exposure to air (oxygen), oxidants, and toxins (from lead and mercury to peroxides and sulfites); therefore, deficiencies have become more the rule than the exception. Only **PERQUE Triple EFA Guard** gives you all the essential fats in one formula, and, as with all **PERQUE** products, its ingredients are of the highest action and purity.\*

Essential fatty acids may be divided into two primary groups: omega 3 (including DHA) and omega 6 fatty acids. In addition, omega 9 fatty acids and CLA are vital for complete health. EFAs are the source of the body's potent prostaglandins, which are hormone-like substances that regulate many cardiovascular, reproductive, immune, hormonal, and nerve functions.\*

Considering its importance, it is not surprising that EFA deficiency is linked to many serious disease states, including:

- **Cardiovascular diseases.** Arteriosclerosis is characterized by a build-up of plaque in the arteries. Omega 3 fatty acids act as blood thinners, helping to reduce the clotting and aggregation associated with this disease. They play an important role in preventing and treating arteriosclerosis. Studies show that individuals with a diet high in omega 3 fatty acids have significantly lower rates of heart disease. **PERQUE Mito Guard Plus** also improves cardiovascular function.\*
- **Inflammatory / autoimmune diseases.** EFAs can benefit patients with inflammatory diseases, such as asthma, arthritis, dermatitis, eczema, and psoriasis. Omega 6 fatty acids are essential for the production of anti-inflammatory prostaglandins.\*
- **Premenstrual syndrome (PMS).** Deficiencies in EFAs have been associated with PMS. The anti-inflammatory effects of EFAs can relieve menstrual symptoms such as cramps, bloating, and nausea.\*
- **Concentration and attention** (attention deficit disorder (ADD)/attention deficit hyperactivity disorder (ADHD)). Deficits in EFAs cause nerve electrical irritability that reduce attention span and



## ONE PERQUE SOFTGEL CAPSULE PROVIDES:



### Energized Nutrients

<b>Omega 3</b> .....	<b>Total 405 mg.</b>
<b>ALA</b> (Alpha Linolenic Acid) .....	<b>335 mg.</b>
<b>DHA</b> (Docosahexaenoic Acid) .....	<b>50 mg.</b>
<b>EPA</b> (Eicosapentaenoic Acid) .....	<b>20 mg.</b>
<b>Omega 6</b> .....	<b>Total 100 mg.</b>
<b>LA</b> (Linoleic Acid) .....	<b>85 mg.</b>
<b>GLA</b> (Gamma Linolenic Acid).....	<b>15 mg.</b>
<b>Omega 9</b>	
<b>OA</b> (Oleic Acid).....	<b>200 mg.</b>
<b>CLA</b> (Conjugated Linoleic Acid) .....	<b>150 mg.</b>
<b>Sterols</b> (phytosterols).....	<b>1,500 mcg</b>

### Sources and Ingredients

<b>Organic flax seed oil</b> .....	<b>520 mg.</b>
<b>Organic olive oil</b> (cold-pressed extra virgin)...	<b>210 mg.</b>
<b>Organic safflower oil</b> (70% CLA).....	<b>190 mg.</b>
<b>Marine lipids</b> (distilled) .....	<b>105 mg.</b>
<b>Black currant oil</b> .....	<b>100 mg.</b>
<b>Vitamins E</b> (from mixed natural tocopherols)¥..	<b>5 IU</b>
<b>Ascorboryl palmitate</b> .....	<b>2 mg.</b>
<b>Phosphatidylcholine</b> .....	<b>1,500 mcg</b>
<b>Phosphatidylethanolamine</b> .....	<b>1,200 mcg</b>
<b>Phosphatidylinositol</b> .....	<b>900 mcg</b>
<b>Kosher gelatin</b> .....	<b>289 mg.</b>
<b>Glycerol</b> (vegetable) .....	<b>133 mg.</b>
<b>Water</b> (in gelatin) .....	<b>43 mg.</b>
<b>Carob flavonoid extract</b> .....	<b>42 mg.</b>

¥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) to four (4) softgel capsules daily with meals or as directed by your health professional.

Available in bottles of 60 and 120 softgels.

decrease ability to concentrate.\*

## PERQUE TRIPLE EFA GUARD: FINALLY A COMPLETE EFA FORMULA

Clearly, fatty acid supplementation can provide substantial health benefits. However, it is important to find the correct ratio of essential fats. These fats are extremely difficult to obtain from diet alone, and assembling the right combination of quality supplements would be nearly impossible. The best option would be to obtain all of the essentials from a single formula.\* Fortunately, **PERQUE Triple EFA Guard** contains:

- DHA, a member of the omega 3 family, which converts to anti-inflammatory prostaglandins. Studies indicate that DHA is especially vital to growing or repairing brain and nerve cell function.\*
- CLA, which converts to GLA, one of the most important acids in the omega 6 family. **PERQUE Triple EFA Guard** provides CLA at higher local concentrations with more beneficial actions than other supplements or diet alone can offer.\*
- Flax seed, olive, and deep sea fish oils, which contain significant amounts of omega 3 fatty acids, including ALA, EPA, and LA.\*

## DHA FOR BRAIN POWER

Although DHA (docosahexaenoic acid) may not be a household name, it should be. Scientific studies repeatedly show that DHA is an important and often lacking member of the omega 3 fatty acid family.\*

Researchers recently compiled and published a summary of findings on DHA. The study noted that deficiencies of DHA are associated with learning deficits, including ADD, and that including sufficient DHA in the diet improves learning ability.\*

The researchers also found that decreases in DHA in the brain are associated with a variety of conditions, including Alzheimer's disease and senility, cystic fibrosis, depression, and aggressive hostility.\*

1. Lauretani F, Bandinelli S, Benedetta B, Cherubini A, Iorio AD, Blè A, Giacominì V, Corsi AM, Guralnik JM, Ferrucci L. Omega-6 and omega-3 fatty acids predict accelerated decline of peripheral nerve function in older persons. *Eur J Neural* 2007 Jul; 14(7):801-8
2. Menendez JA, Vazquez-Martin A, Colomer R, Brunet J, Carrasco-Pancorbo A, Garcia-Villalba R, Fernandez Gutierrez A, Segura-Carretero A. Olive oil's bitter principle reverses acquired autoresistance to trastuzumab (Herceptin) in HER2-overexpressing breast cancer cells. *BMC Cancer* 2007 May 9;7:80.
3. Grijel AE, Kris-Etherton PM, Hilpert KF, Zhao G, West SG, Corwin RL. An increase in dietary n-3 fatty acids decreases a marker of bone resorption in humans. *Nutr J* 2007 Jan 16;6:2.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Triple EFA Guard** 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).
- 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.



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\*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.