

PERQUE Nutritives Compared to Whole Food Supplements

Whole Foods

Nutrition science generally finds that whole foods are more nutritionally dense and healthful than refined foods. Just like refined foods, the average synthetic supplement contains isolated, synthetic refined vitamins that have been robbed of all of the accessory nutrients responsible for uptake, transport or protection of the nutrients. In turn, like refined foods, they are incomplete. Despite the superiority of whole foods over processed, refined foods, therapeutic supplementation requires higher amounts of essential nutrients than can be provided by whole foods alone. Many “whole food” supplements enhance their products with dyes, flavorings and allergenic binders that negate the benefit of having a whole food. Others spray added nutrients onto fermentation products of corn and yeast and refer to these as whole food supplements.

PERQUE Nutritives

PERQUE whole supplements include the complex that serve a purpose when part of the whole food. **For this reason, every PERQUE nutritive is activated with the same transporters (e.g., Krebs energy salts, whole fiber, transport phosphatides) that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used by PERQUE for enhanced activity (e.g., buffered ascorbate instead of ascorbic acid) just as in whole food.**

PERQUE products additionally provide no hidden ingredients. This is important for people who want safer, more effective supplements as well as for highly sensitive individuals who have various food and chemical allergies. PERQUE products come with full disclosure labels and post product assays to assure product integrity. They are 100% potent and purer by design. PERQUE includes the virtues of whole foods and adds the benefits of contemporary nutritional science.

