

# PERQUE

## Life Guard Chewables™

COMPLETE SUPPLEMENTS FOR THOSE  
WHO PREFER A CHEWABLE

ALL-NATURAL CHEWABLE  
COMPREHENSIVE FORMULA  
24 NUTRIENTS FOR CHILDREN



### 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.\*



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- **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 are 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 Life Guard Chewables are 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 Life Guard Chewables** offers greater control in dosing.\*

### SETTING A HIGHER STANDARD

**PERQUE Life Guard Chewables is an exceptionally pure product, using only pharmaceutical 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. Only **PERQUE** tests its products to guarantee its label claims.\*

**PERQUE Life Guard Chewables** uses active vitamin D-3, eliminating the question of vitamin D toxicity.

The natural forms of the nutrients in **PERQUE 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.

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.

\*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.

### ONE PERQUE LIFE GUARD CHEWABLES PROVIDES

#### ENERGIZED NUTRIENTS

Vitamin A (as beta-carotene).....	5,000 IU
Vitamin B-1 (as thiamine HCl).....	5 mg.
Vitamin B-2 (as riboflavin).....	5 mg.
Vitamin B-3 (as niacinamide).....	5 mg.
Vitamin B-5 (as calcium d-pantothenate).....	5 mg.
Vitamin B-6 (as pyridoxine).....	5 mg.
Vitamin B-12 (as hydroxocobalamin).....	5 mg.
Vitamin C (as 100% l-ascorbate, fully reduced, corn free).....	5 mcg.
Vitamin D-3 (cholecalciferol).....	200 IU
Vitamins E (from mixed natural tocopherols).....	30 IU
Folate (as calcium folinate).....	400 mcg
Calcium (as gluconate).....	50 mg.
Magnesium (as gluconate).....	25 mg.
Manganese (as gluconate).....	1 mg.
Zinc (as citrate and aspartate).....	5 mg.
Chromium (as picolinate and ascorbate).....	2 mg.
Selenium (as selenomethionine).....	2 mcg.
Biotin (pure crystalline).....	60 mcg.
Choline (citrate).....	2 mg.
Inositol.....	2 mg.
PABA (para-aminobenzoic acid).....	0.5 mg.
Quercetin dihydrate (water-soluble bioflavonoid).....	10 mg.
Potassium (as gluconate).....	2 mg.
Silica (from equisetum botanical).....	0.5 mg.
Magnesium (as C16 and C18 alkyls*).....	30 mg.
*from whole, untreated palm fruit and leaf	
Mannitol.....	200 mg.
Sucanat.....	420 mg.

Other Ingredients: None

#### WARNING

Pregnant and nursing mothers need to check with their health professional before taking supplements.

#### 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) PERQUE Life Guard tabsuble.



### THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Life Guard Chewables** come 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.