

PERQUE

Whey Guard™

COMPLETE MEAL REPLACEMENT

VANILLA AND CHOCOLATE FLAVORS

PERQUE Whey Guard is a breakthrough in protein powder! It delivers a whole meal that is wholesome and delicious, and may be used as part of a healthy weight management program.

GREAT TASTE AND BETTER FUNCTION

PERQUE has introduced a breakthrough in protein powder. In the tradition of all PERQUE products, PERQUE Whey Guard is redefining the protein powder category. PERQUE Whey Guard was developed to meet the growing need for a protein powder that is a "whole food" and is wholesome, nutritious, and most importantly DELICIOUS.

Metabolic Management with PERQUE Whey Guard

Designed to replace one high calorie, often unhealthy meal with a DELICIOUS low calorie whole food.

PERQUE Whey Guard's healthy balance of protein, fats, and carbohydrates makes it a "whole food"

Whole Food Nutrition = Whole Food Function

- 150-180 skinny calories per serving
- 15 grams of 100% of native whey protein - The most easily digested protein to enhance immune defense and repair systems
- Complex carbohydrates to help bind toxins and help with sugar and energy stability
- High fiber (10+ grams) for regularity and healthy digestion
- Ultra low in fat, with less than 10% of calories from fat

GUARANTEED DELICIOUS AND NUTRITIOUS

Compare **PERQUE Whey Guard** to any protein powder on the market, and find out why we guarantee our product is the most delicious and nutritious for you! But don't take our word for it, listen to what others say:

"I don't use protein powders as much as I would like because I just don't like the taste. PERQUE Whey Guard is so good, I'm going to start, and actually stick with, my plan to replace lunch with a shake every day."

-Samantha L., Richmond, VA

"The chocolate flavor is great, it doesn't taste artificial."

-Greg M., Chicago, IL

"I really like that I can get over 10 grams of good fiber in my diet, all in the same serving."

-John H., Oak Lawn, IL

"The new Whey Guard from PERQUE is not only great tasting and so easy to mix but the extra fiber is a great added bonus. Another fabulous product from a fabulous company!"

-Christine C., Roselle, IL

"As an active athlete who runs and bikes, I personally tried PERQUE Whey Guard before recommending it to my patients. I was impressed with the quality, taste, protein content and fiber."

-Dr. Brian H., Fond Du Lac, WI

GREAT TASTE, BETTER FUNCTION
& TRUE SCIENCE



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DIRECTIONS FOR USE

Replace 1 meal per day (or as directed by your healthcare practitioner) with 1 serving of **PERQUE Whey Guard**. Add 2 scoops (39g) of powder to 6-8 oz. of cold water and shake or blend. May also be mixed with milk, juice, or fruit smoothie of your choice.

NUTRITION INFO

Nutrition Facts (for vanilla flavor)

Serving Size: 2 heaping scoops (39g)
Servings Per container: 14

Amount Per Serving		
Calories 150	Calories from Fat 13	
	Amnt	% Daily Value*
Total Fat	1.4 g	2%
Saturated Fat	0.5 g	3%
Trans Fats	0 g	0%
Cholesterol	42.5 mg	14%
Sodium	85.8 mg	4%
Potassium	179.4 mg	5%
Total Carbohydrates	18.7 g	6%
Dietary Fiber	10.3 g	41%
Sugars	8 g	
Protein	15.4 g	31%
Probiotic (Bacillus subtilis) RO179	15 mg	

* Percent Daily Values are based on a 2,000 calorie diet.
Calories per gram: Fat – 9 Carbohydrate – 4 Protein – 4

Native Whey Protein Concentrate by Cross Flow, fibers(guar gum, xanthan gum) sugars (organic evaporated cane juice, maple flakes), natural vanilla extract, milk buds, potassium chloride, natural cream extract (butyrate rich butter fat), monk fruit concentrate, MCT (from raw coconut and palm), Horsetail

Other Ingredients: None

*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.

Nutrition Facts (for chocolate flavor)

Serving Size: 2 heaping scoops (46.3g)
Servings Per container: 14

Amount Per Serving		
Calories 177	Calories from Fat 17	
	Amnt	% Daily Value*
Total Fat	1.9 g	3%
Saturated Fat	0.8 g	4%
Trans Fats	0 g	0%
Cholesterol	42.5 mg	14%
Sodium	83.3 mg	4%
Potassium	402.8 mg	12%
Total Carbohydrates	23.9 g	8%
Dietary Fiber	11.6 g	46%
Sugars	10.9 g	
Protein	16.1 g	31%
Probiotic (Bacillus subtilis) RO179	15 mg	

* Percent Daily Values are based on a 2,000 calorie diet.
Calories per gram: Fat – 9 Carbohydrate – 4 Protein – 4

Native Whey Protein Concentrate by Cross Flow, fibers(guar gum, xanthan gum) sugars (organic evaporated cane juice, maple flakes), 100% Dutch processed cocoa (100% cacao) natural vanilla extract, milk buds, potassium chloride, natural cream extract (butyrate rich butter fat), monk fruit concentrate, MCT (from raw coconut and palm), Horsetail

Other Ingredients: None

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THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Whey 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, 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.

PERQUE Whey Guard follows the **PERQUE Promise**. **PERQUE** uses only the highest quality ingredients, in products designed with an understanding of the latest medical and scientific information, and always featuring Full Disclosure Labels.

Full Disclosure Labels - All ingredients in **PERQUE** products are listed on the label. And everything on the label is guaranteed.

Third Party Analysis - **PERQUE** uses independent third party assays to substantiate every assertion on every **PERQUE** label. In the protein powder category, many products rely on "text book" or hypothetical data to present a "Typical Amino Acid Profile" on their labels. This is unacceptable to **PERQUE**.

ACTUAL AMINO ACID PROFILE

Scientists at Boston University analyzed the protein in **PERQUE Whey Guard** as well as several leading competitors. The results of the **PERQUE Whey Guard** analysis are proudly displayed on the "Actual Amino Acid Profile" on our label.

This analysis revealed that there can be a significant difference between the "typical amino acid profile" listed on many products and the "actual" amino acid profile of the product.

Actual Amino Acid Profile* in mg per serving (39g)

Branch chain aminoacid; BCAA	
Isoleucine (enhanced alertness; BCAA)	2567
Leucine (enhanced alertness; BCAA)	4278
Valine (enhanced alertness; BCAA)	3935

Communication, detox, energy and neurochemicals	
Alanine (energy source)	1344
Aspartate (nerve energy source)	2394
Arginine (nitric oxide [NO] source)	295
Cysteine/Cystine (detox sulfur source)	1170
Glutamine/Glutamate (energy source)	9036
Glycine (detox & soothing neurotransmitter)	539
Methionine (detox sulfur source)	1240
Phenylalanine (noradrenaline source)	1113
Serine (phosphoserine source)	1317
Threonine (phosphothreonine source)	1912
Tyrosine (adrenaline source)	1234

Specialized functions	
Histidine (stomach digestive source)	518
Lysine (collagen cross link source)	1938
Proline (structure source)	4223

*Analysis by H. Stone (BUMC) April 2010: Data on file.

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