

# PERQUE

## Life Guard Mini™



40 ESSENTIAL NUTRIENTS PROTECT  
HEART, BODY, AND BRAIN.

### Why **PERQUE Life Guard Mini** Is Right For You

**PERQUE Life Guard Mini** tabsules have all the same proven benefits of original **PERQUE Life Guard** tabsules, but now in a smaller, easier-to-swallow tabsule for increased dosage control and patient satisfaction.

#### WHY IT'S BETTER

Same advanced, 100% active ingredient formula proven in placebo-controlled study. Half the dose, half the size, easier to take.

#### ADVANCED FORMULA

##### Vitamins

- Vitamin A
- Vitamins B1, B2, B3, B5 & B6
- Vitamin B12 in the biologically preferred hydroxocobalamin form
- Natural folates
- Para – aminobenzoic acid
- Biotin
- Vitamin C in the form of 100% L-ascorbate that's fully reduced and corn free
- Vitamin D3 in the preferred cholecalciferol form
- Vitamins E from mixed, natural tocopherols
- Vitamin K1

##### Fully Ionized Elemental Minerals

- Potassium in the citrate form
- Calcium in the form of ascorbate, pantothenate, citrate, fumarate, malate, and succinate

- Magnesium in the form as citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls
- Zinc in the form of picolinate
- Boron in the form of ascorbate
- Chromium in the form of 50% picolinate and 50% ascorbate
- Manganese in the form of ascorbate
- Molybdenum in the form of ascorbate
- Selenium in the form of L-selenomethionine
- Vanadium in the form of ascorbate

##### Active Cofactors

- Quercetin dihydrate
- L-aspartic acid
- Trimethylglycine
- Tocotrienols including triacontanol, hexacosanol, tetracosanol, and octacosanol
- Krebs' salts for energy
- Vegetable fiber (crosscarmellose)

**PERQUE Life Guard Mini** is formulated using a synergistic combination of vitamins, fully ionized elemental minerals, and active co-factors that enhance uptake. Each of the 40 nutrients packed into this powerful and compact super multi is added with the optimum and the most functional amounts, using only those mixed nutrient forms found in nature and proven through research to be safe and effective



PERQUE

## KEY BENEFITS

- Improves nutrient deficits
- Supplements essential nutrients and minerals that aren't acquired through diet
- Supports and maintains overall good health
- Includes energizing co-factors and transports that ensure nutrient uptake by the body
- Half-strength allows more dosing flexibility

## NOVEL DELIVERY SYSTEM

Tabsuble (tablet + capsule)

- Proprietary and revolutionary delivery method
- Combines all the advantages and efficacy of a capsule with the convenience and enhanced shelf life of a tablet
- Guarantees 100% bioavailability as proven through a double blind, placebo-controlled clinical trial

## Scientific Proof

1. Singh A, Moses FM, Deuster PA: Vitamin and mineral status in physically active men: Effects of a high-potency supplement. *Am J Clin Nutr* 1992; 55(1): 1-7.
2. Stephen AI, Avenell AA systematic review of multivitamin and -multimineral supplementation for infection. *Hum Nutr Diet* 2006 Jun;19(3):179-90.
3. Traynor NJ, McKenzie RC, Beckett GJ, Gibbs NK Selenomethionine inhibits ultraviolet radiation-induced p53 transactivation. *Photodermatol Photoimmunol Photomed* 2006 Dec;22(6):297-303.
4. Venkateswaran V, Flesher NE, Klotz LH. Modulation of cell proliferation and cell cycle regulators by vitamin E in human prostate carcinoma cell lines. *J Urol* 2002 Oct;168(4 Pt 1):1578-82.

\*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.

## Two PERQUE Life Guard Mini Tabsules PROVIDE

### ENERGIZED NUTRIENTS

#### Vitamins:

Vitamin A (beta-carotene) .....	2,500 IU
Vitamin B-1 (thiamine HCl).....	50 mg.
Vitamin B-2 (riboflavin 22.6 mg; riboflavin 5'-phosphate, 5 mg) .....	27.6 mg.
Vitamin B-3 (niacin 12.5 mg; niacinamide 37.5 mg).....	50 mg.
Vitamin B-5 (calcium d-pantothenate).....	50 mg.
Vitamin B-6 (pyridoxine HCl, 80 mg.; pyridoxol 5'-phosphate, 20 mg) .....	100 mg.
Vitamin B-12 (hydroxocobalamin) .....	100 mcg.
Folate (calcium folinate 100 mcg.; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™ 100 mcg)).....	200 mcg.
PABA (para-aminobenzoic acid) .....	15 mg.
Biotin (pure crystalline) .....	250 mcg.
Vitamin C (100% L-ascorbate, fully reduced) .....	75 mg.
Vitamin D-3 (cholecalciferol).....	200 IU
Vitamins E (from mixed natural tocopherols)** .....	100 IU
Vitamin K-1 (phyloquinone) .....	250 mcg.

#### Elemental Minerals:

Potassium (as citrate) .....	49.5 mg.
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate) .....	25 mg.
Magnesium (as ascorbate, citrate, fumarate, malate, aspartate, and C16 and C18 alkyls)† .....	50 mg.
Zinc (as picolinate) .....	12.5 mg.
Chromium (as picolinate).....	100 mcg
Manganese (as ascorbate).....	7.5 mg.
Molybdenum (as ascorbate).....	50 mcg.
Selenium (as L-selenomethionine) .....	25 mcg.
Vanadium (as ascorbate) .....	50 mcg.
Boron (as ascorbate) .....	1 mg.

#### Active Cofactors:

Quercetin dihydrate(water-soluble bioflavonoid)..	50 mg.
L-aspartic acid (magnesium aspartate) .....	25 mg.
Trimethylglycine (betaine HCl) .....	25 mg.
Tocotrienols:	
Triacantanol (policosanols) .....	73.6 mcg.
Hexacosanol (policosanols) .....	36.8 mcg.
Octacosanol (policosanols) .....	368 mcg.
Citrate .....	29.5 mg.
Fumarate.....	29.5 mg.
Malate.....	29.5 mg.
Succinate.....	29.5 mg.
Vegetable fiber (organic croscarmellose) .....	117.8 mg.
Natural Vanilla .....	60 mg.
Organic Sunflower Oil .....	1.6 mg.

**\*\*Vitamins E is stated to reinforce the fact that the alpha, beta, gamma, and delta forms of natural tocopherols are used.**

**† From whole, untreated palm fruit and leaf.**

**OTHER INGREDIENTS: NONE**

#### WARNING

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

Available in bottles of 60 and 180

#### Typical Dosage

As a dietary supplement, take 2 tabsules with meals or as directed by your healthcare professional. Alternative daily dosing as follows:

Low stress, healthy -
2-4 tabsules/day
Moderate Stress, unwell -
4-8 tabsules/day
High stress, training -
10-12 tabsules/day



## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Life Guard Mini** 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.