

# PERQUE

## 2019 Product Catalog

- **Physician designed and tested**
- **Results clinically proven**
- **100% bioactive and bioavailable**
- **Full disclosure labels - no hidden ingredients or allergens**
- **Post-production, third-party verification assays**
- **Novel, patented, & patents pending formulations**
- **More rapid, safer results...**

**Feel the PERQUE difference**



Dear Colleagues:

**PERQUE** is an advanced nutritional company that produces a new generation of medically designed supplements with faster and proven results for your patients. Our nutritional supplements have been developed for **people interested in improving and sustaining their health and quality of life**.

Working in clinical nutrition and biochemical immunology for over 25 years, the compelling need and important opportunities for a new generation of purer, higher quality, and more potent supplements became clear to me in 1985. **PERQUE's** full line of **unique and powerful supplements** is the result of these years of **advanced scientific research, clinical investigation, and medical practice**.

Beyond our many pending patents on new and unique delivery systems, ingredient synergies, and new clinical applications for nutrients, **PERQUE** has been **proven** through a number of **independent clinical outcome studies**.

**PERQUE has produced the following successes:**

1. **Double-blind, placebo-controlled** trial of its Life Guard comprehensive, 40-nutrient formula showing full (100%) uptake and bioavailability. This compared with 5-20% bioavailability for the best of other brands.
2. **Clinical successful trials** published in **peer-reviewed** journals on **Fibromyalgia and Chronic Fatigue** successful management.
3. **Clinical successes** in Adult and Juvenile Diabetes reported at the DAREF Diabetes University.
4. **Practice guidelines** for **comprehensive, functional**, nutritional management of the **20 most common** health problems.
5. **Incorporating all of the benefits of a capsule into tablet form**, thus allowing **fewer pills and 100% uptake and bioavailability**.

**PERQUE products converge the best of technology, formulation, third-party post-production assays, outcome validation studies, and clinical experience into effective and active health agents.** We are your biochemists, clinicians, and production specialists to assure you and those you care for a higher standard of quality assurance and bioavailability. **PERQUE** products are **uniquely functional** with more comprehensive formulations than other comparable brands.

I invite you to find out more about our supplements. Learn about the difference "nature's path to health" makes in restoring, sustaining, and enhancing health. You and your staff are our first priority at **PERQUE**. With **PERQUE** more active nutritives, we help you get results that are swift, safer, and sustained. Contact **PERQUE's** experienced and dedicated Client Services Department at 800.525.7372 or visit our web site at [www.PERQUE.com](http://www.PERQUE.com) to find out how to incorporate **PERQUE** into your clinical practice.

We are excited about your interest in **PERQUE** and look forward to working with you, your staff, and your patients every step of the way as your ally in the science and practice of healthful care.

Sincerely yours,



Russell M. Jaffe, MD, Ph.D., CCN, FASCP, FACN, FAAAAI, NACB  
Director, PERQUE LLC

**NOTE: PERQUE is pleased to have all of its product names registered with the U.S. Trademark and Patent Office.**

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## HOW TO GET STARTED WITH PERQUE

### PERQUE INTEGRATIVE HEALTH WELL GUARD PROGRAM®

We are pleased to introduce you to **PERQUE**, a new generation of clinically proven nutritional supplements sold only through healthcare professionals. **PERQUE**, developed by physicians and scientists like you, is dedicated to delivering safer, more effective results in cost-effective and outcome-effective alkalizing formulas for your chronically ill patients.

To start your patients on the path to better health with **PERQUE**, we suggest following our **PERQUE Integrative Health Well Guard®** program to reduce the burden on the immune system. Our proven, comprehensive program consists of five easy steps:

**(Step 1) Determine your health status by using the Health Assessment Questionnaire**

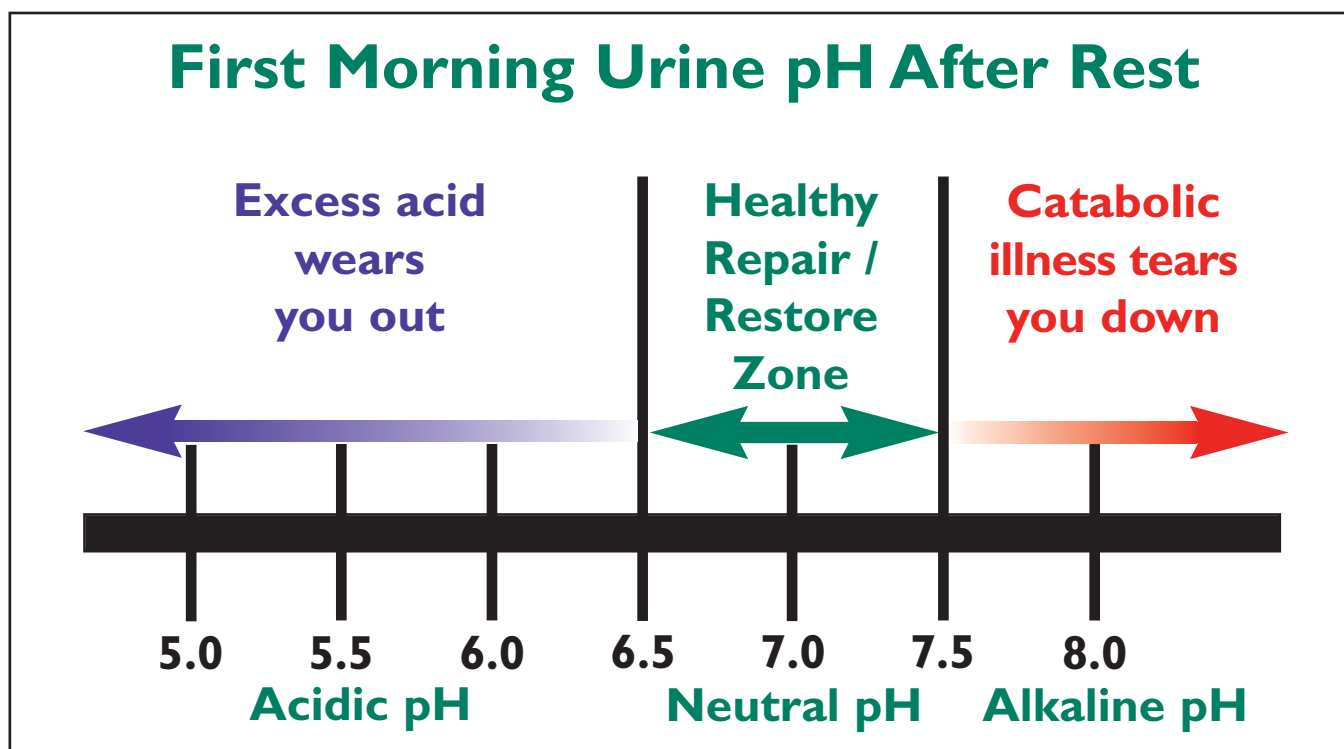
**(Step 2) Consider LRA by ELISA/ACT® delayed allergy testing**

**(Step 3) Detoxify**

**(Step 4) Begin a PERQUE supplement program**

**(Step 5) Alkalize your diet and maintain an alkaline 1st AM urine pH**

Please call Client Services at 800.525.7372 or email [clientservices2@PERQUE.com](mailto:clientservices2@PERQUE.com) if you have any questions or would like more information about the PERQUE Integrative Health Well Guard program.



**Dietary choice and delayed allergies are keys to your cellular chemistry's balance. Resistant ill health occurs when healthy chemical balance is lost. Read on to learn how PERQUE can bring you back to health and chemical balance.**

## STEP 1: COMPREHENSIVE HEALTH ASSESSMENT

1. Seamless access to a comprehensive evaluation of each individual's lifestyle, attitudes, food habits, and nutritive needs using a simple online survey tool.
2. A complete, accurate and reliable action report to help you select the optimum **PERQUE** product combination and amounts for your client.
3. A valuable list of helpful resources to support the lifestyle and behavioral recommendations provided for your patient in the report.

## STEP 2: CONSIDER DELAYED ALLERGY TESTING

Undetected immune reactions to foods and/or chemicals can lead to metabolic and hormonal imbalances, including an excess acid load, which in turn can cause chronic problems. There is a resulting burden on the immune system, which weakens the body's defense competences and can lead to accumulated repair deficits. This induces loss of resilience and repair mechanisms, and you become more susceptible to fatigue, illness, and pain, resulting in chronic ill health. By using a lymphocyte response assay to identify and substitute for the true delayed (hidden) reactors, a plan for resetting the body to a state of repair can be started. This important step is a critical way of getting rid of symptoms by focusing on their causes and promoting effective repair in the body.

## STEP 3: DETOXIFY

The body needs a powerful detox solution that will flush the cells and tissues of the damage caused by autoimmune and environmental distress. Using the **PERQUE multi-system Detox Program**, you have a powerful ally that will prep your patients' bodies for a lifetime of health.

## STEP 4: BEGIN A PERQUE SUPPLEMENT PROGRAM

**We have outlined below four key PERQUE nutritional supplements to start with during this key phase in the program. These alkaline formulas will work synergistically to start the repair and detoxification process and help support a healthy urine pH in the body.**

### **PERQUE2 Life Guard**

- A comprehensive, 40-nutrient, multi-vitamin and mineral supplement\*
- Contains 14 vitamins and 10 essential minerals, a rich source of natural vitamins E plus tocotrienols / phytosterols, and 16 alkalizers and energizers to buffer your cells' acidic load\*
- Proven in double-blind, placebo-controlled trial to deliver full label potency\*

### **PERQUE Potent C Guard** *(See Ascorbate Calibration protocol on pages 29-32.)*

- Helps support immune system function, collagen repair and formation, joint function, energy production, antioxidant protection, detoxification, and more\*
- Enhances hormone production and function\*

### **PERQUE Mg (Magnesium) Plus Guard** *(Optimized uptake when taken with PERQUE Choline Citrate)*

- Combines four highly bioavailable forms of magnesium, creating a synergy to increase absorption\*
- Delivers magnesium in fully soluble, fully ionized alkaline salts\*
- Offers three transport cofactors to deliver magnesium to the cells followed by an energy boost\*

### **PERQUE Choline Citrate** *(Optimized uptake when taken with PERQUE Mg Plus Guard)*

- The only product to combine choline and citrate, which ensures better physical and mental performance\*
- Facilitates magnesium uptake thereby increasing energy level, improving the transport and metabolism of fats, enhancing gall bladder health, and supporting weight loss\*

## STEP 5:ALKALINIZE YOUR DIET

**An alkaline internal state is required for ideal chemical functioning and for the achievement of optimal health. If your pH readings are regularly below 6.5, you would do well to alkalinize your diet by making the following changes.**

Take a few minutes and study the chart entitled, "*Food and Chemical Effects of Acid/Alkaline Body Chemical Balance*," on page 4. On the left side of the page, the foods and substances that are alkalizing to the body are listed. To the furthest left are the most alkaline substances like sea salt, sea vegetables, sweet potato/yam, lentils, and fruits like lime and watermelon. Toward the middle of the sheet on the same left side are the lower alkaline substances like ginger tea, oats, brussels sprouts, and oranges. The acid-forming foods are listed on the right hand side of the page. The highest acid-forming foods, including jams, ice cream, walnuts, and beef, are listed to the far right. The lesser acid-forming foods are to the center of the page and include honey, fish, brown rice, kidney beans, and figs. This easy-to-use chart clearly details which foods make the body more alkaline and which make it more acidic.

**The first step in establishing a health-promoting alkaline diet is to assess your current first morning urine pH. This is a good measure of your average body pH and is easily obtained by following these simple steps. Please refer to the chart on page 1 for further detail.**

1. Obtain a packet of pH hydriion test paper. This test tape measures acid-alkaline states and should be marked into one-half point divisions ranging at least from 5.5 to 8.0. Should you not be able to obtain this tape locally, please call Client Services at 800.525.7372 for information.
2. First thing in the morning, just before urinating, open the test tape and cut off two to three inches of the paper tape. Next, wet the tape with urine (either by urinating directly on the tape or by collecting the urine in a cup and dipping the tape into the urine).
3. As the tape is moistened with urine, it will take on a color. The color relates to the acid or alkaline state of your urine and ranges from yellow to dark blue. Match the color of your test strip with the color chart on the back of the test tape packet.
4. Jot down the number that corresponds to the color your tape has taken on. Any number below 7 means that your urine is on the acid side. The lower the number, the more acidic the condition. For example, a number of 4.5 indicates considerable acidity, while 6.0 indicates much less. A number of 7 indicates the neutral state, not acid or alkaline. As the body functions best in an alkaline state for health promotion, we would try to avoid highly acidic metabolic states. Ideally, our first morning urine pH should be 6.5 to 7.5, with an occasional, but not constant every day 7.5 reading.
5. If your reading is below 6.5, then you are advised to begin changes aimed at alkalizing your diet. Below are listed simple dietary modifications that will help alkalinize your diet. In the beginning, because of the acid-forming tendency of the standard American diet, most of you will find low pH readings.



Food & Chemical Effects on Acid / Alkaline Body Chemical Balance™

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda	Spices/Cinnamon Valerian Licorice •Black Cohash Agave	•Herbs (most): Amica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemisia Annua	Spice/Herb	Curry	Vanilla Sievia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	•Kambucha  Molasses Soy Sauce	•Green or Mu Tea  Rice Syrup Apple Cider Vinegar •Sake	•Sulfite Ginger Tea  •Sucanat •Umeboshi Vinegar •Aigae, Blue Green Butter) •Ghee (Clarified)	Preservative Beverage  Sweeter Vinegar Therapeutic	MSG Kona Coffee Honey/Maple Syrup Rice Vinegar	Benzoate Alcohol Black Tea Balsamic Vinegar Antihistamines Cow Milk	Aspartame Coffee Saccharin Red Wine Vinegar Psychotropics •Casein, Milk Protein, Cottage Cheese New Cheese Soy Milk Ice Cream	Table Salt (NaCl) Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar Antibiotics Processed Cheese
•Umeboshi Plum				Processed Dairy	Cream/Butter			
				Cow/Human Soy Goat/Sheep Egg	Yogurt Goat/Sheep Cheese Chicken Egg	Aged Cheese Soy Cheese Goat Milk		
		•Quail Egg	•Duck Egg	Meat Game Fish/Shell Fish	Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk/ Game Meat Mollusks Shell Fish (Whole)	Pork/Veal Bear •Mussey/Squid	Beef Shell Fish (Processed) •Lobster Pheasant
				Fowl	Wild Duck	Goose/Turkey	Chicken	
			Oat 'Grain Coffee' •Quinoa Wild Rice •Amaranth Japonica Rice	Grain Cereal Grass	•Triticale Millet Kasha Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Pinrose Oil Sesame Seed Cod Liver Oil Almond •Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca •Seitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm Kernel Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
Lentil Broccoli •Seaweed Noril/Kombu/Wakame/Hijiki Onion/Miso •Daikon/Taro Root •Sea Vegetables (other) Dandelion Greens •Burdock/Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Jerusalem Artichoke Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga •Saisify/Ginseng Eggplant Pumpkin Collard Greens Jicama	Bean Vegetable  Legume Pulse Root		Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea Legumes (other) Carrot Chick Pea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive •Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Citrus Fruit		Coconut Guava •Pickled Fruit Dry Fruit Fig Persimmon Juice •Cherimoya Date	Plum Pine Tomato	Cranberry Pomegranate	

•Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended

Prepared by Dr. Russell Jaffe, Fellow, Health Studies Collegium. Reprints available from Health Studies Collegium, 46121 Guilford Drive, #1504, Ashburn, VA 20147, 800.328.7372. Sources include USDA food data base (Rev 9 & 10), Food & Nutrition Encyclopedia, Nutrition Applied Personally, by M. Walczak, Acid & Alkaline by H. Ahnara, Food growth, transport, storage, processing, preparation, combination, & assimilation influence effect intensity. Thanks to Hank Liers for his original work. [Rev 7/07]



## PERQUE ACTIVATED B-12 GUARD™

100 lozenges (#280)

- In lozenge form for maximum uptake and optimal delivery of B-12 to the brain\*
- Delivers B-12 in its superior, activated hydroxocobalamin form, which has the highest half-life of any other form and raises B-12 concentrations\*
- Stimulates the body's utilization of proteins, fats, and carbohydrates, which in turn can increase energy level\*
- Removes toxins and improves brain nerve cell function\*
- Patents pending, Kosher

### ONE SUBLINGUAL LOZENGE PROVIDES:

#### Energized Nutrients

B-12 (hydroxocobalamin)	2,000 mcg
Mannitol	295 mg.
Sucanat® (organic, whole cane juice)	1 mg.
Magnesium (as C16 and C18 alkyls from whole untreated, palm fruit and leaf)	3.5 mg.
100% Whole cherry fruit extract	2.5 mg.

#### Typical Dosage

As a dietary supplement, take one (1) lozenge daily or as directed by your health professional. Place lozenge under tongue and let dissolve.

#### Size

100 lozenges (#280)

## PERQUE ADRENO DISTRESS GUARD™

60 softgels (#153)

180 softgels (#154)

- Unique adrenal support combo: Rhodiola and Magnolia micellized in Perilla oil and Medium Chain Triglycerides (MCTs)\*
- Rhodiola rosea callus; roseroot rhizome; > 3% rosavins + > 1% salidroside by HPLC to recharge and re-energize\*
- Phellodendron amurense + magnolia concentrate to soothe and restore\*
- Stabilize energy... Better resilience with no harmful stimulants (NO ephedra, amphetamines, guarana)\*
- Improved neurochemical, hormonal, and immune functions\*
- No synthetic hormone ingredients\*
- More beneficial, more bioactive ingredients than other adrenal products in the marketplace\*
- Supports thyroid and pituitary hormone function\*
- Patents pending, Kosher

### TWO SOFTGELS PROVIDE:

#### Energized Nutrients

Rhodiola (>3% rosavins + >1% salidroside)	300 mg.
Relora®† (Magnolia officianalis + Phellodendron amurense**)	500 mg.
Perilla oil	800 mg.
Medium Chain Triglycerides (MCTs from raw palm fruit)	250 mg.
Phosphatidylcholine	90 mg.
Beeswax	70 mg.
Gelatin	500 mg.
Glycerin	12 mg.
Water	20 mg.
Turmeric powder	12 mg.

†Relora® is a registered trademark of NPI, LLC.

\*\*U.S. Patent 6,582,735

#### Typical Dosage

As a dietary supplement, take two (2) softgels daily or as directed by your health professional. Store below 70° F. **WARNING:** Pregnant and nursing mothers need to check with their health professional before taking supplements.

#### Size

60 (#153) and 180 (#154) softgels

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

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# PERQUE BONE GUARD FORTÉ™

100 tabsules (#218)

240 tabsules (#219)

- Nineteen uniquely balanced, energized, and alkalizing vitamins and minerals to enhance bone health and increase bone density\*
- Contains four distinct forms of fully soluble calcium and magnesium, plus boron, vitamin D-3, and zinc\*
- Offers complete bone-building benefits and ultimate bone protection\*
  - Patents pending, Kosher

## FOUR TABSULES PROVIDE:

### 19 Energized, Bone-building Elemental Minerals and Nutrients\*\*

Calcium (as acetate, glycinate, succinate, malate, fumarate, and citrate)	500 mg.
Magnesium (as acetate, glycinate, succinate, malate, fumarate, and citrate)	500 mg.
Boron (as citrate)	6 mg.
Zinc (as citrate)	10 mg.
Manganese (as citrate, malate, succinate, and glycinate)	15 mg.
Chromium (as citrate)	250 mcg
Vanadium (as citrate)	250 mcg
Selenium (as 100% L-selenomethionine)	250 mcg
Copper (as sebecate)	1 mg.
Silica (from trisilicate from horse tail/equisetum)	10 mg.
Iodine	3 mg.
Iodide	150 mcg
Strontium (as gluconate)	50 mg.
Vitamin C (100% L-ascorbate, fully reduced, corn free)	200 mg.
Vitamin D-3 (as 1,25 dihydroxycholecalciferol)	400 IU
Vitamin K-1 (as phyloquinone)	750 mcg
Vitamin K-2	250 mcg
Biotin	250 mcg
Vegetable fiber (organic croscarmellose)	400 mg.

\*\*All forms of the above minerals and nutrients are used in clinical bone studies with proven results.

## Typical Dosage

Healthy bone maintenance	2-4 tabsules/day
Family or personal osteoporosis risk	4-6 tabsules/day
Repair or known osteoporosis	6-8 tabsules/day

## Size

100 (#218) and 240 (#219) tabsules

**Note:** If your patients' bone health, as measured by DEXA or equivalent bone density assessment, does not improve after two years of using **PERQUE Bone Guard Forté**, we will refund your money. Builds your bones or your money back. In order to qualify for **PERQUE's** money-back guarantee, you must keep a log measuring your first morning pH and take enough **PERQUE Bone Guard Forté** to keep your first morning pH in the 6.5-7.5 range. If you have difficulty reaching the specified pH range, add **PERQUE Magnesium Plus Guard** and **PERQUE Choline Citrate** to your supplement program.

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE CHOLINE CITRATE™

7.86 oz. bottle (#141)

- The only product to combine choline and citrate, which ensures better physical and mental performance\*
- Comes in a contaminant-free liquid form
- Facilitates magnesium uptake thereby increasing energy level, improving the transport and metabolism of fats, enhancing gall bladder health, and supporting weight loss\*
- Allows for optimized uptake of PERQUE Mg Plus Guard when taken together
- Patents pending, Kosher

### ONE TEASPOON PROVIDES:

#### Energized Nutrients

Choline Citrate	1,300 mg.
Glycerin (vegetable)	1,300 mg.

#### Typical Dosage

As a dietary supplement, take one (1) teaspoon in juice or water or as directed by your health professional.

#### Size

7.86-ounce bottle (47 single teaspoon servings per bottle) (#141)

## PERQUE D3 CELL GUARD™

30 ml bottle (#147)

- Improves T cell production and immune function\*
- Supports bone, muscle, prostate, and digestive system health\*
- Improves cognitive function and mental alertness; clears brain fog\*
- Improves insulin resistance; better blood sugar regulation\*
- Enhanced uptake with Medium Chain Triglycerides (MCT)\*
- Mixed natural tocopherols, ascorbyl palmitate, and rosemary extract protect the pure D3 (cholecalciferol)\*
- Patents pending

### ONE DROP PROVIDES:

#### Energized Nutrients

Vitamin D3 (as cholecalciferol) (0.8 mg.)	500 IU
Vitamins E <sup>‡</sup> (as mixed natural tocopherols)	7.3 mcg
MCT Oil (Medium Chain Triglycerides)	35.5 mg.
Ascorbyl palmitate	2 mg.

**Other ingredients:** Rosemary oil

<sup>‡</sup>Vitamin<sub>s</sub> 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) drop per day or as directed by your health professional.

**Note:** Hold bottle at a 45 degree angle and drop directly on to spoon or toast. May be directly administered to others as appropriate.

#### Size

30 ml bottle (850 single servings per bottle) (#147)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE1 DETOX IN GUARD™

60 tabsules (#159)

180 tabsules (#160)

- Offers unique, exclusive Phase I and Phase II detoxification support and enhancement\*
- Provides a combination of amino acids, lipotropic factors, and minerals to effectively clear out the toxins accumulating in the nerve and immune system tissues and cells\*
- Neutralizes cellular acid, thereby protecting cells against deterioration\*
- Helps remove lead, mercury, arsenic, and cadmium toxic minerals from the body\*

### TWO TABSULES PROVIDE:

#### Vitamins

Vitamin C (100% L-ascorbate, fully reduced, corn free) 64 mg.

#### Elemental Minerals

Calcium (as citrate, fumarate, malate, and succinate) 100 mg.

Magnesium (as citrate, fumarate, malate, succinate, aspartate, and as C16 and C18 alkyls†) 200 mg.

#### Amino Acids

Glycine 250 mg.

L-phenylalanine 100 mg.

L-methionine 150 mg.

L-cystine 100 mg.

L-cysteine (anhydrous) 150 mg.

L-glutathione (99% reduced) 25 mg.

L-aspartate (magnesium aspartate) 26 mg.

#### Lipotropics

Choline (citrate) 70 mg.

Inositol (pure crystalline) 250 mg.

Ascorbyl palmitate 150 mg.

#### Active Cofactors

Citrate (calcium and magnesium) 144 mg.

Fumarate (calcium and magnesium) 144 mg.

Malate (calcium and magnesium) 144 mg.

Succinate (calcium and magnesium) 144 mg.

#### Energized Nutrients

Vegetable fiber (organic croscarmellose) 96 mg.

**Other Ingredients:** Natural vanilla for freshness

†from whole untreated, palm fruit and leaf



#### Typical Dosage

**Maintenance:** 1-2 tabsules daily; **Weight training/moderate stress:** 3-4 tabsules daily; **Maximum stress or chronic illness:** 5-6 tabsules daily.

**Best if taken 30 to 60 minutes before a meal.**

**Note:** Occasionally, people have acquired a substantial toxic burden. Their detoxification cellular systems are in such disrepair that, as **PERQUE1 Detox IN Guard** starts to “clean house,” the mobilized toxins may cause people to feel queasy. To begin detoxification:

- Start slowly with just one (1) or one-half (1/2) tabsule of **Detox IN Guard** per day.
- Double the dose every three (3) weeks or so.
- Drink at least eight (8) glasses of water daily and avoid caffeinated, sugared, and artificially sweetened beverages.

By slowly increasing the use of **Detox IN Guard**, sustainable good health is more easily achieved.

#### Size

60 (#159) and 180 (#160) tabsules

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE DETOX PROGRAM™

- **Advanced full-body detoxification program**
- **Synergy of 4 key PERQUE products for complete multi-system detoxification**
- **Easy-to-swallow tabsules - free of messy powders!**
- **Convenient 7 day detachable detox dispenser included**
- **Full disclosure ingredients - no hidden allergens!**

**PERQUE's Detox Program includes the following products:**

- **PERQUE I Detox IN Guard:** Offers exclusive Phase I and Phase II detoxification support\*
  - Sulfur amino acids remove toxic metals like lead, mercury and cadmium minerals, solvents like benzene and hormone-disrupting biocides\*
  - Lipotropic factors in the product work to protect cellular machinery and improve cell to cell communication\*

**Dosage for Detox Program: 1 in morning/1 in evening**

***Please see page 8 for more information.***

- **PERQUE Liva Guard Forté:** Contains nutrients like carotenoids, milk thistle and other powerful antioxidants\*
  - Reduces environmental burden on the body through detox\*
  - Repairs, restores, rehabilitates, and protects the liver from harsh chemical exposures\*

**Dosage for Detox Program: 1/day**

***Please see page 18 for more information.***

- **PERQUE Potent C Guard:** Fully reduced, fully buffered, 100% L-ascorbate

- Mobilizes and removes harmful toxins from the body\*
- Repairs and supports the immune system\*
- Improves brains function\*
- Restores hormonal balance\*
- Provides powerful antioxidant support and protection\*

**Dosage for Detox Program: Individualized based on C-Calibration**

***Please see page 22 for more information.***

- **PERQUE EPA/DHA Guard:** Contains active Omega-3 essential fats processed with a nitrogen-protected distillation procedure

- Helps essential nutrient uptake\*
- Removes fat soluble toxins\*
- Restores cell membrane flexibility\*

**Dosage for Detox Program: 1 in morning/1 in evening**

***Please see page 12 for more information.***

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

## PERQUE DIGESTA GUARD FORTÉ 10™

50 capsules (#157)

150 capsules (#158)

- Replaces bad bugs with ten beneficial probiotics, harvested at peak activity and lyophilized (put into stable, suspended animation) for maximum viability and potency when they implant into the digestive tract\*
- Effectively rehabilitates the digestive system by restoring the body's healthy digestive organisms and clearing out the intestines, thereby warding off dietary toxins\*
- Kosher

### ONE CAPSULE PROVIDES:

#### Alive, energized probiotic organisms

	<b>7.5 billion</b>
B. bifidum	200 million
B. breve	200 million
B. longum	500 million
L. acidophilus	2100 million
L. casei	500 million
L. paracasei	500 million
L. plantarum	500 million
L. rhamnosus	500 million
L. lactis	2000 million
S. thermophilus	500 million
Vitamin C (100% l-ascorbate, fully reduced, corn free)	2 mg.
Magnesium	3 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	10 mg.
Rice maltodextrin	370 mg.
Vegetable capsules	75 mg.

#### Typical Dosage

**As a dietary supplement, take one (1) to six (6) capsules daily or as directed by your health professional. Capsule may be opened and sprinkled on food. Note: Color of product varies naturally from white to tan.**

#### Size

50 (#157) and 150 (#158) capsules

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

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## PERQUE ENDURA / PAK GUARD™

60 capsules (#168)

180 capsules (#169)

- Contains a unique combination of L-glutamine and pyridoxal alpha-ketoglutarate (PAK)\*
- PAK recycles L-glutamine within the body and prevents L-glutamine from turning into glutamate, which is a neurotoxin\*
- A remarkable, energy-boosting formula to increase endurance, decrease fatigue, and support intestinal wall repair\*
- Enhances muscular stamina and mental sharpness\*
- U.S. Pat. No. 6,545,044

### THREE CAPSULES PROVIDE:

#### Energized Nutrients

L-glutamine (free form)	1,500 mg.
PAK (pyridoxal alpha-ketoglutarate)	500 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	13 mg.
Rice flour (organic basmati)	90 mg.
Kosher gelatin capsules	291 mg.



#### Typical Dosage

**As a dietary supplement, take three (3) capsules on an empty stomach upon rising and three (3) capsules before bed or as directed by your health professional. Plus, take three (3) additional capsules prior to exercise.**

#### Size

60 (#168) and 180 (#169) capsules

## PERQUE ENERGIZED DOUBLE ZINC GUARD™

100 tabsules (#220)

- Offers a complete, immune-building formula using a blend of two ionized, fully soluble zinc sources\*
- Ensures optimal absorption and utilization of zinc by every cell\*
- Includes vitamin B-6 in its active form for increased uptake and activation of zinc\*
- Patents pending, Kosher

### ONE TABSULE PROVIDES:

#### Energized Nutrients

Zinc (as elemental, 50% picolinate/50% citrate)	25 mg.
Pyridoxal-5-phosphate (as B-6)	3 mg.
Vegetable fiber (organic croscarmellose)	376 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	2 mg.

#### Typical Dosage

**As a dietary supplement, take one (1) tabsule daily with food or as directed by your health professional.**

#### Size

100 tabsules (#220)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

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## PERQUE EPA/DHA GUARD™

60 softgels (#150)  
120 softgels (#151)

- EPA (Eicosapentaenoate) 660 mg. + DHA (Docosahexaenoate) 500 mg. per dose; highest available\*
- Distilled and nitrogen purged for purity and protection\*
- Restore omega 3 repair and host defense functions\*
- Brain and body building 'good for you' lipids\*
- Patents pending

### TWO SOFTGELS PROVIDE:

#### Energized Nutrients

Marine lipid oil	1650 mg.
EPA (Eicosapentaenoic acid)	660 mg.
DHA (Docosahexaenoic acid)	500 mg.
Gelatin	428 mg.
Lemon Oil	40 mg.
Purified Water	66 mg.
Glycerin	198 mg.

#### Typical Dosage

As a dietary supplement, take two (2) softgels daily or as directed by your health professional.

#### Size

60 (#150) and 120 (#151) softgels

## PERQUE GLUCOSE REGULATION GUARD FORTÉ™

90 softgels (#184)  
180 softgels (#185)

- Regulates blood glucose levels by naturally enhancing glucose transport activity\*
- Sustainably and safely lowers weight, increases energy and improves lean body mass\*
- Formulated with corosolic acid, a powerful herbal extract and antioxidant proven to improve insulin function\*
- Patents pending

### TWO SOFTGELS PROVIDE:

#### Energized Nutrients

Corosolic (standardized Banaba leaf)	50 mg.
Riboflavin	10 mg.
Chromium (as picolinate)	250 mcg
Ascorboryl palmitate and Ascorbate	5 mg.
French lilac (Galega officinalis)	150 mg.
Bitter melon/Marah (Momordica charantia)	150 mg.
Huckleberry/Bilberry (Vaccinium myrtillus)	100 mg.
Agnus castus (Chaste tree berry)	250 mg.
Phosphatidylcholine	71 mg.
Rice bran oil	903 mg.
Gamma oryzanol	10,300 mcg
Yellow beeswax	34 mg.
Kosher gelatin	457 mg.
Glycerin (vegetable)	206 mg.
Chlorophyll	2 mg.
Vanadium (as ascorbate)	250 mcg

#### Typical Dosage

As a dietary supplement, if Blood Glucose <120 or HbA1C <5.7 - take 1 softgel daily; if Blood Glucose 121-150 or HbA1C 5.8-6.9 - take 1 softgel morning and evening; if Blood Glucose 151-180 or HbA1C 7.0 - 7.9 - take 2 softgels in the morning and 1 in the evening; if Blood Glucose >180 or HbA1C >8.0 - take 2 softgels in the morning and 2 in the evening.

#### Size

90 (#184) and 180 (#185) softgels

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE HAIR, SKIN & NAILS GUARD™

120 tabules (#214)

- **Stronger, thicker nails; lustrous, vibrant hair; smoother, softer skin\***
- **Meets individual nutrient needs so hair, skin and nails reflect a more resilient you because outer beauty requires inner health\***
- **21 active, potent, protein-building nutrients that work synergistically to repair and renew inside and out\***
- **Kosher**

### FOUR TABSULES PROVIDE:

Vitamin C (100% L-ascorbate, fully reduced, corn free)	200 mg.
Vitamin D3 (as cholecalciferol)	400 IU
Vitamin K1 (as phyloquinone)	750 mcg
Vitamin K2	250 mcg
Biotin	2.5 mg.
Calcium (as ascetate, glycinate, succinate, malate, fumarate and citrate)	250 mg.
Magnesium (as ascetate, glycinate, succinate, malate, fumarate and citrate)	500 mg.
Zinc (as citrate)	10 mg.
Manganese (as citrate)	11 mg.
Chromium (as citrate)	50 mcg.
Selenium (as L-selenomethionine)	250 mcg
Copper (as sebecate)	1 mg.
Iodine	100 mcg.
Iodide (as potassium iodide)	150 mcg.
Strontium (as gluconate)	50 mg.
Boron (as citrate)	6 mg.
Vanadium (as ascorbate)	50 mcg.
Silica (from magnesium triscilicate from horse tail/equisetum)	10 mg.
L-lysine	200 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	360 mg.
Croscarmellose	200 mg.

### Typical Dosage

**As a dietary supplement, take four (4) tabsules daily with food or as directed by your health professional.**

### Size

120 (#214) tabsules

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

## PERQUE HEMATIN ANEMIA GUARD™

100 tabsules (#225)

- Helps 97% of all anemias with bone marrow failure as the only exception\*
- Builds a healthy supply of blood cells and supplies blood-building transport and activating nutrients\*
- Delivers iron as aspartate, fully ionized, reduced, and fully soluble for 100% uptake and bioavailability\*
- Does not cause intestinal irritation compared to other forms of iron\*
- Patents pending, Kosher

### ONE TABSULE PROVIDES:

#### Energized Nutrients

Iron (as ionized ferrous aspartate)	25 mg.
Vitamin C (100% l-ascorbate, fully reduced, corn free)	100 mg.
Folate (as calcium folinate)	400 mcg
Niacin (from 23 mg. inositol hexanicotinate)	20 mg.
Vitamin B-6 (pyridoxine HCl)	5 mg.
Vitamin B-12 (hydroxocobalamin)	100 mcg
Copper (as ionized cuprous aspartate)	1.5 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	5 mg.
Vegetable fiber (organic croscarmellose)	269 mg.

### Typical Dosage

As a dietary supplement, take one (1) tabsule daily with food or as directed by your health professional.

### Size

100 tabsules (#225)

## PERQUE JOINT GUARD™

90 capsules (#296)  
180 capsules (#297)

- Helps improve and maintain joint comfort and range of motion\*
- Contains fully soluble nutrients, such as glucosamine KCl, glucosamine sulfate, chondroitin, and OPC flavonols, which help produce and renew cartilage and connective tissue\*
- U.S. Pat. No. 6,620,798
- Kosher

### THREE CAPSULES PROVIDE:

#### Energized Nutrients

Glucosamine sulfate HCl	900 mg.
Glucosamine KCl	300 mg.
Chondroitin sulfate (active, soluble)	225 mg.
OPC (LMW ActiVin®)	45 mg.
Molybdenum (as glycinate)	52 mcg
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	6 mg.
Vegetable fiber (organic croscarmellose)	367 mg.
Kosher gelatin capsules	351 mg.

### Typical Dosage

For relief of osteoarthritis, sports injuries to joints, and chronic inflammatory joint pain, take three (3) capsules twice daily until comfort is fully restored then three (3) capsules daily for maintenance or as directed by your health professional.

### Size

90 (#296) and 180 (#297) capsules

**Note:** PERQUE Joint Guard uses the nutrient forms shown effective in research studies.

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

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# PERQUE2 LIFE GUARD™

**60 tabsules (#161)**  
**180 tabsules (#162)**

- **A comprehensive, 40-nutrient, multi-vitamin and mineral supplement\***
- **Contains 14 vitamins and 10 essential minerals, a rich source of natural vitamins E plus tocotrienols / policosanols, and 16 alkalizers and energizers to buffer your cells' acidic load\***
- **Proven in double-blind, placebo-controlled trial to deliver full label potency\***

## TWO TABSULES PROVIDE:

### Vitamins

Vitamin A (beta-carotene)	5,000 IU
Vitamin B-1 (thiamine HCl)	100 mg.
Vitamin B-2 (riboflavin 44 mg.; riboflavin 5'-phosphate 10 mg.)	54 mg.
Vitamin B-3 (niacin 25 mg.; niacinamide 75 mg.)	100 mg.
Vitamin B-5 (calcium d-pantothenate)	100 mg
Vitamin B-6 (pyridoxine HCl, 160 mg.; pyridoxal 5'-phosphate, 40 mg.)	200 mg.
Vitamin B-12 (hydroxocobalamin)	200 mcg
Folate (calcium folinate 200 mcg.; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 200 mcg.)	400 mcg
PABA (para-aminobenzoic acid)	30 mg.
Biotin (pure crystalline)	500 mcg
Vitamin C (100% L-ascorbate, fully reduced)	150 mg.
Vitamin D-3 (cholecalciferol)	400 IU
Vitamins E (from mixed natural tocopherols)‡	200 IU
Vitamin K-1 (phyllloquinone)	500 mcg

### Elemental Minerals

Potassium (as citrate)	99 mg.
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate, succinate)	50 mg.
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls†)	100 mg.
Zinc (as picolinate)	25 mg.
Chromium (as picolinate)	200 mcg
Manganese (as ascorbate)	15 mg.
Molybdenum (as ascorbate)	100 mcg
Selenium (as L-selenomethionine)	50 mcg
Vanadium (as ascorbate)	100 mcg
Boron (as ascorbate)	2 mg.

### Active Cofactors

Quercetin dihydrate (water-soluble bioflavonoid)	100 mg.
L-aspartic acid (magnesium aspartate)	50 mg.
Trimethylglycine (betaine HCl)	50 mg.

### Tocotrienols:

Triacantanol (policosanol)	147 mcg
Hexacosanol (policosanol)	73.5 mcg
Octacosanol (policosanol)	735 mcg
Citrate	59 mg.
Fumarate	59 mg.
Malate	59 mg.
Succinate	59 mg.
Vegetable fiber (organic croscarmellose)	216 mg.
Natural Vanilla	100 mg.
Organic Sunflower Oil	2 mg.

‡Vitamins E is stated to reinforce the fact that PERQUE uses the alpha, beta, gamma, and delta forms of the natural tocopherols.

†from whole untreated, palm fruit and leaf



### Typical Dosage

**Low stress, healthy: 1-2 tabsules/day; Moderate stress, unwell: 3-4 tabsules/day; High stress, training: 5-6 tabsules/day. Best if taken with meals.**

### Size

60 (#161) and 180 (#162) tabsules. **PABA/folate-free form: 90 (#261) tabsules.**

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

# PERQUE LIFE GUARD CHEWABLES™

90 chewables (#304)

- **24 essential nutrients\***
- **Offers the most complete chewable formula for children and adults to lower the risks associated with a poor diet and to build bone\***
- **Flavored only with Sucanat® (organic, whole cane juice) in a unique, pleasing cherry/berry flavor**
- **Does not include vitamin K-1 (for people on medications who need to avoid vitamin K)**
- **Patents pending, Kosher**

## ONE CHEWABLE PROVIDES:

### Vitamins

Vitamin A (beta-carotene)	5,000 IU
Vitamin B-1 (thiamine HCl)	5 mg.
Vitamin B-2 (riboflavin)	5 mg.
Vitamin B-3 (niacinamide)	5 mg.
Vitamin B-5 (calcium d-pantothenate)	5 mg.
Vitamin B-6 (pyridoxine)	5 mg.
Vitamin B-12 (hydroxocobalamin)	5 mcg
Folate (folinate)	400 mcg
PABA (para-aminobenzoic acid)	0.5 mg
Biotin (pure crystalline)	60 mcg
Choline (citrate)	2 mg.
Inositol	2 mg.
Vitamin C (100% l-ascorbate, fully reduced, corn free)	60 mg.
Vitamin D-3 (1,25 dihydroxycholecalciferol)	200 IU
Vitamins E (from mixed natural tocopherols)¥	30 IU
Quercetin dihydrate (water-soluble bioflavonoid)	10 mg.

### Minerals

Calcium (as gluconate)	50 mg.
Magnesium (as gluconate)	25 mg.
Potassium (as gluconate)	2 mg.
Manganese (as gluconate)	1 mg.
Zinc (as citrate and aspartate)	5 mg.
Silica (from equisetum botanical)	0.5 mcg
Chromium (as picolinate and ascorbate)^	2 mcg
Selenium (as l-selenomethionine)^	2 mcg

### Energized Nutrients

Mannitol	200 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	30 mg.
Sucanat® (organic, whole cane juice)	875mg.
100% Whole raspberry fruit extract	45 mg.
100% Whole cherry fruit extract	7 mg.

¥Vitamins E is stated to reinforce the fact that PERQUE uses the alpha, beta, gamma, and delta forms of the natural tocopherols.

^From Nutrition 21

### Typical Dosage

**As a dietary supplement, take one (1) chewable daily or as directed by your health professional.**

**Note: For Children:** Take one (1) **PERQUE Chewables** for each 25 pounds of body weight per day.

**For Adults:** Take one (1) to eight (8) **PERQUE Chewables** per day.

Eight (8) **PERQUE Chewables** equal the benefit of one (1) **PERQUE2 Life Guard** tabsule.

### Size

90 cherry/raspberry-flavored chewables (#304)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

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## PERQUE2 LIFE GUARD MINI™

**60 tabsules (#188)**  
**180 tabsules (#189)**

- **Energizes and alkalizes the body, promoting vitality you can feel\***
- **40 essential nutrients provide five products in one to protect heart, body and brain\***
- **Proven in double-blind, placebo-controlled trial to be 100% bioavailable versus 5-20% for competitor multis\***

### TWO TABSULES PROVIDE:

#### 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.; pyridoxal 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 (as pure crystalline)	250 mcg
Vitamin C (as 100% L-ascorbate, fully reduced)	75 mg.
Vitamin D-3 (as cholecalciferol)	200 IU
Vitamins E (from mixed natural tocopherols)‡	100 IU
Vitamin K-1 (as phyloquinone)	250 mcg

#### Elemental Minerals

Potassium (as citrate)	49.5 mg.
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate, succinate)	25 mg.
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, 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 (as magnesium aspartate)	25 mg.
Trimethylglycine (betaine HCl)	25 mg.

#### Tocotrienols:

Triacantanol (policosanol)	73.6 mcg
Hexacosanol (polyicosanol)	36.8 mcg
Octacosanol (policosanol)	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 PERQUE uses the alpha, beta, gamma, and delta forms of the natural tocopherols.

†from whole untreated, palm fruit and leaf



#### Typical Dosage

**Low stress, healthy: 2-4 tabsules/day; Moderate stress, unwell: 6-8 tabsules/day; High stress, training: 10-12 tabsules/day. Best if taken with meals.**

#### Size

60 (#188) and 180 (#189) tabsules.

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

**PERQUE LIVA GUARD FORTE™**

**60 softgels (#210)  
120 softgels (#211)**

- **Protects liver from cell and tissue damage associated with environmental toxicity and urban living\***
- **Gives the liver a needed boost for better detoxification, improved energy and healthier immune function\***
- **Scientifically proven, liver-protecting herb milk thistle is combined with synergistic antioxidants, such as CoQ10, mixed natural vitamins E and carotenoids, micellized for enhanced uptake for improved liver protection\***
- **Patents pending**

**ONE SOFTGEL PROVIDES:**

**Energized Nutrients**

Selenium (as l-selenomethionine)	50 mcg
Zinc (as citrate)	5 mg.
Vitamins E (from mixed natural tocopherols)‡	110 IU
Vitamin D3 (cholecalciferol)	5,000 IU
Silymarin (silybin beta milk thistle)	100 mg.
Lycopene	85 mg.
L-carnitine fumarate	50 mg.
Coenzyme Q10 (micellized ubiquinone)	100 mg.
Mixed natural carotenoids (dunaliella)	11.2 mg.
Alpha-carotene	2,250 mcg
Beta-carotene	10,000 IU = 7.4 mg.
Lutein	250 mcg
Zeaxanthin	450 mcg
Cryptoxanthin	550 mcg
Vegetable glycerin	165 mg.
Medium chain triglycerides (raw palm oil)	500 mg.
Gelatin capsules	250 mg.
Yellow beeswax	70 mg.
PC 35 (phosphatidyl choline & other phosphates)	70 mg.
Annatto	9 mg.

‡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) softgel daily or as directed by your health professional.**

**Size**

60 (#210) and 120 (#211) softgels

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## PERQUE METABOLIPID D•TOX PLUS™

60 softgels (#176)  
150 softgels (#177)

- Contains carnitine (100% L-carnitine), which is essential for proper fat burning and metabolism. Carnitine deficit can lead to build up of fat in the body and impaired detoxification of fat-soluble toxins like pesticides and solvents\*
- Offers GABA, which is an important nerve communication molecule (neurotransmitter) that helps build growth hormone for additional fat burning and lean muscle mass building\*
- Includes MCT (medium chain triglycerides), which enhances carnitine and GABA uptake as well as alkalizes cells and enhances fat metabolism\*
- Contains kelp (sea vegetable), which is an excellent source of biological iodine for better thyroid hormone production and function\*
- Patents pending, Kosher

### ONE SOFTGEL PROVIDES:

#### Energized Nutrients

L-carnitine (from 862 mg. of L-carnitine fumarate)	500 mg.
Gamma Aminobutyric Acid (GABA)	200 mg.
Alginate (special PERQUE kelp extract)	40 mg.
Phosphatidyl choline, inositol, ethanolamine	400 mg.
Medium Chain Triglycerides (MCTs from raw palm fruit)	400 mg.
Yellow beeswax	50 mg.
Kosher gelatin	500 mg.
Water	20 mg.
Glycerin	60 mg.
Turmeric powder	12 mg.
Maltitol	70 mg.

#### Typical Dosage

**As a dietary supplement, take two (2) softgels one (1) to four (4) times a day or as directed by your health professional.**

***May be taken with or without food.***

#### Size

60 (#176) and 150 (#177) softgels

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**CALL PERQUE AT 800.525.7372**

## PERQUE MG (MAGNESIUM) PLUS GUARD™

60 capsules (#290)  
180 capsules (#291)

- Combines four highly bioavailable forms of magnesium, creating a synergy to increase absorption\*
- Delivers magnesium in fully soluble, fully ionized alkaline salts\*
- Offers three transport cofactors to deliver magnesium to the cells followed by an energy boost\*
- Optimized uptake when taken with PERQUE Choline Citrate\*
- Patents pending, Kosher

### ONE CAPSULE PROVIDES:

#### Energized Nutrients

Magnesium (as ionized glycinate)	85 mg.
Magnesium (as ascorbate)	8 mg.
Magnesium (as citrate)	10 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	7 mg.
Total elemental magnesium	110 mg.
Vegetable capsules	100 mg.
Vegetable cellulose	70 mg.



#### Typical Dosage

**As a dietary supplement, take one (1) to six (6) capsules daily with meals or as directed by your health professional.**

#### Size

60 (#290) and 180 (#291) capsules

**Note:** Most magnesium formulas show total magnesium complex, which is 20% or less elemental magnesium. Each **PERQUE Magnesium Plus Guard** equals 550 mg. or more of other products.

## PERQUE MITO GUARD PLUS™

Mito Guard 100 Plus: 60 softgels (#166)

- Provides Coenzyme Q10 in the most efficiently energized, micellized form available\*
- Enhances cells' energy production and increases healing and repair\*
- Contains mixed natural tocopherols and gamma oryzanol for added benefit\*
- Reduces free radical damage\*
- Patents pending

### ONE SOFTGEL PROVIDES:

#### Energized Nutrients

Pure Coenzyme Q10 (soluble ubiquinone)	100 mg
Vitamins E (from mixed natural tocopherols)‡	100 IU
Rice bran oil	184 mg
Gamma oryzanol	2,208 mcg
Glycerin (vegetable)	54 mg
Beeswax	20 mg
Beta-carotene (from pure palm fruit carotenoid oil)	2,300 IU
Kosher gelatin	118 mg

‡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) softgel daily with food or as directed by your health professional.**

#### Size

Mito Guard 100 Plus: 60 softgels (#166)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE MOOD GUARD™

100 capsules (#256)

- Contains free form, active ingredients that support the elimination of chemicals and toxic build-up
- Clinically superior to SAM-e with three natural mood enhancers; allows the body to make SAM-e as needed for better results\*
- Provides the synergy of essential nutrients that are necessary for mental and emotional stability\*
- Kosher

### TWO CAPSULES PROVIDE:

#### Energized Nutrients

L-methionine (free)	500 mg.
Glycine (free)	500 mg.
L-aspartate (magnesium)	500 mg.
Magnesium (as aspartate and as C16 and C18 alkyls from whole untreated, palm fruit and leaf)	25 mg.
Vegetable fiber (organic croscarmellose)	100 mg.
Kosher gelatin capsules	234 mg.



#### Typical Dosage

As a dietary supplement, take two (2) capsules on an empty stomach upon rising and two (2) capsules before bed or as directed by your health professional.

#### Size

100 capsules (#256)

## PERQUE PAIN GUARD FORTÉ™

100 tabsules (#134)

250 tabsules (#135)

500 tabsules (#136)

- Offers a natural alternative to traditional anti-inflammatory aids\*
- More effectively stimulates muscle and tissue building and promotes healthy cox-2 repair enzyme activity\*

### ONE TABSULE PROVIDES:

#### Energized Nutrients

Quercetin dihydrate (water-soluble bioflavonoid)	500 mg.
OPC (LMW ActiVin®)	5 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	7 mg.
Vegetable fiber (organic croscarmellose)	35 mg.

#### Typical Dosage

As a dietary supplement, take one (1) to four (4) tabsules with or without food up to four (4) times a day or as directed by your health professional.

#### Size

100 (#134), 250 (#135), and 500 (#136) tabsules

## PERQUE pH HYDRION PAPERS™

50 tests (#142)

#### Directions

Please use only as directed. Withdraw and tear off approximately two inches of paper from the roll and immerse in first morning urine collected after six (6) hours of rest. Remove and promptly compare with specimen colors on dispenser to determine corresponding pH. The target pH range is 6.5 to 7.5.

#### Size

Measure range of 5.5 – 8. One dispenser equals approximately 50 tests. (#142)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

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## PERQUE POTENT C GUARD TABS™

100 tabsules (#138)

250 tabsules (#139)

- Helps support immune system function, collagen repair and formation, joint function, energy production, antioxidant protection, detoxification, and more\*
- Enhances hormone production and function\*
- Patents pending, Kosher

### ONE TABSULE PROVIDES:

#### Energized Nutrients

Vitamin C (100% L-ascorbate, fully reduced, corn free)	1,000 mg.
Calcium (as ascorbate)	111 mg.
Octanoate	10 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	20 mg.
Vegetable fiber (organic croscarmellose)	40 mg.

#### Typical Dosage

As a dietary supplement, take three (3) tabsules daily or as directed by your health professional.

#### Size

100 (#138) and 250 (#139) tabsules

8 oz. powder (#252)

16 oz. powder (#253)

## PERQUE POTENT C GUARD POWDER™

- Helps support immune system function, collagen repair and formation, joint function, energy production, antioxidant protection, detoxification, and more\*
- Enhances hormone production and function\*
- Patents pending, Kosher

### ONE LEVEL HALF-TEASPOON PROVIDES:

#### Energized Nutrients

Vitamin C (100% L-ascorbate, fully reduced, corn free)	1,584 mg.
Potassium (as ascorbate)	99 mg.
Calcium (as ascorbate)	40 mg.
Magnesium (as ascorbate)	16 mg.
Zinc (as ascorbate)	600 mcg

#### Typical Dosage

As a dietary supplement, take one level half-teaspoon mixed with two (2) to four (4) ounces of liquid or as directed by your health professional. Wait for effervescence to stop before drinking. Use only dry measuring spoons. Keep tightly capped and moisture free.

Individual ascorbate need can be determined by the *Ascorbate Calibration* protocol (Appendix I) outlined on pages 28-31. Contact PERQUE Client Services for additional information.

#### Size

8-ounce (#252) and 16-ounce (#253) bottles

**Note:** Each level teaspoon contains 3 grams of fully buffered ascorbate. Each 8-ounce bottle contains 112 servings with a total of 227 grams of ascorbate. Each 16-ounce bottle contains 224 servings with a total of 454 grams of ascorbate.

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE PROST8 VITALITY GUARD™

100 softgels (#295)

- Provides potent, natural support for prostate function\*
- Combines scientifically validated, synergistic herbs and nutrients that bring results in just a few days\*
- An essential supplement for any man over age 40\*
- Patents pending, Kosher

### FOUR SOFTGELS PROVIDE:

#### Energized Nutrients

Serenoa repens (saw palmetto - 85%-95% energized fatty acids)	320 mg.
Pygeum africanum (extract, Pygeum - 13%-14% beta sitosterols)	120 mg.
Lycopene (pure, free, bioactive)	12 mg.
Urtica dioica root (stinging nettle)	40 mg.
Pumpkin seed oil	665 mg.
Palmitic	613 mcg.
Stearic	307 mcg.
Oleic	1,481 mcg.
Linoleic (essential fatty acid)	2,963 mcg.
Linolenic (essential fatty acid)	53 mcg.
Zinc (picolinate)	20 mg.
Selenium (l-selenomethionine)	200 mcg.
Glycerin (vegetable)	233 mg.
Carob extract	72 mg.
Beeswax	72 mg.
Lecithin (rice)	29 mg.
Kosher gelatin	418 mg.
Water (deionized, pure)	369 mg.
Beta-Carotene	4 mg.
Ascorboryl palmitate	10 mg.

#### Typical Dosage

**As a dietary supplement, take four (4) softgels daily with meals or as directed by your health professional.**

**Size:** 100 softgels (#295)

**Note:** Many clinicians find that because of the synergy of the forms in **PERQUE Prost8 Vitality Guard** three (3) softgels may be sufficient.

## PERQUE REGULARITY GUARD™

8 oz. powder (#190)

16 oz. powder (#192)

- Prebiotics: Beta glucan-rich, optimal soluble to insoluble pro-digestion fibers\*
- Healthy cholesterol levels naturally: Toxic sterols removed; healthy sterols stimulated...happier liver and gall bladder\*
- Better mental clarity: Eliminate neurotoxins; clear brain fog\*
- Promotes healthy microflora: Protection from intestinal pathogens and parasites\*
- Patents pending

### EACH SCOOP PROVIDES:

#### Energized Nutrients

Selenium (as 100% l-selenomethionine)	125 mcg
Gum acacia (standardized wild-crafted gum arabic)	3.5 gm
Glucomannan (freeze-dried)	2 gm
Oat fiber (14% beta glucan; Oatwell 14®)	1 gm
Dextran FOS (short-chain prebiotics)	500 mg.
OPC (LMW Activin®)	12.5 mg.
Phosphatides (includes phosphatidyl-choline, -ethanolamine, and -inositol)	36 mg.

#### Typical Dosage

**As a dietary supplement, take 7 grams (1 scoop) in water or juice once daily or as directed by your health professional.**

#### Size

8 oz. (#190) and 16 oz. (#192) powder

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE REPAIR GUARD™

90 tabsules (#131)  
180 tabsules (#132)

- Highest ORAC free-radical trapping\*
- Repair inflammation's causes; more prompt relief and repair\*
- Unique combination of flavonoid / flavonol protective antioxidants: Pomegranate juice, quercetin dihydrate and OPC (LMW ActiVin®)
- Unique transport activation for higher potency, effectiveness, benefits, and results\*
- Patents Pending

### ONE TABSULE PROVIDES:

#### Energized Nutrients

Quercetin dihydrate (water-soluble bioflavonoid)	1000 mg.
Pomegranate juice powder (high ORAC)	60 mg.
OPC (LMW ActiVin®)	10 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	35 mg.
Vegetable fiber (organic croscarmellose)	10 mg.
Chlorophyll	100 mcg
Turmeric	4 mcg

#### Typical Dosage

1 tabsule daily

#### Size

90 (#131) and 180 (#132) tabsules

## PERQUE SLEEP GUARD™

90 capsules (#259)  
180 capsules (#260)

- Restorative sleep\*
- Healthier REM deep sleep rhythms\*
- Neurohormonal balance\*
- Premenstrual and perimenopausal hormone balance\*
- Patents Pending

### ONE CAPSULE PROVIDES:

#### Energized Nutrients

Vitamin B-6 (as pyridoxal 5'-phosphate)	3 mg.
Riboflavin (as riboflavin 5'-phosphate)	3 mg.
L-Tryptophan	500 mg.
Silica (equisetum botanical)	3 mg.
Croscarmellose	85 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	10 mg.
Vegetable capsule	120 mg.



Kosher Parve

#### Typical Dosage

As a dietary supplement, take one (1) capsule daily about 30 minutes before bedtime with water or fruit juice or directed by your health professional.

#### Size

90 (#259) and 180 (#260) capsules

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

## PERQUE TRIPLE EFA GUARD™

60 softgels (#145)

120 softgels (#146)

- Contains clinically proven better balance (4:1) of omega 3 to omega 6 essential fatty acids (EFAs), plus omega 9 EFA\*
- Offers the most potent docosahexaenoic acid (DHA) and conjugated linoleic acid (CLA) combination\*
- Regulates many cardiovascular, reproductive, immune, hormonal, and nerve functions\*
- Patents pending, Kosher

### ONE SOFTGEL PROVIDES:

#### Energized Nutrients

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

#### Sources and Ingredients

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

‡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) softgels daily with meals or as directed by your health professional.

#### Size

60 (#145) and 120 (#146) softgels

## PERQUE VESSEL HEALTH GUARD™

90 lozenges (#282)

- Promotes healthy blood flow to heart and brain as well as low levels of homocysteine\*
- Unique combination of B-6, B-12, folate, and magnesium (ascorbate) for greater uptake and action\*
- Patents pending, Kosher

### ONE SUBLINGUAL LOZENGE PROVIDES:

#### Energized Nutrients

B-6 (pyridoxine)	10 mg.
B-12 (hydroxocobalamin)	2 mg.
Folate (folinate)	2.5 mg.
Magnesium (as ascorbate and as C16 and C18 alkyls†)	53 mg.
Mannitol	198 mg.
100% Whole cherry fruit extract	10 mg.
Sucanat® (organic, whole cane juice)	5 mg.
Xylitol	20 mg.

†from whole untreated, palm fruit and leaf

#### Typical Dosage

As a dietary supplement, take one (1) to six (6) lozenges daily or as directed by your health professional. Place lozenge under tongue and let dissolve.

#### Size

90 lozenges (#282)

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CALL PERQUE AT 800.525.7372

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## PERQUE WHEY GUARD™ - VANILLA

20 oz. (#801)

- 15+ grams of 100%, fully functional, native whey protein to revitalize and boost immune defenses
- Low calorie and fat: <180 calories, <10% from fat, and zero trans fats
- Low glycemic index for sustained energy and healthier blood sugar levels
- High fiber (10+ grams) for digestive comfort and regularity

### TWO SCOOPS PROVIDE:

#### Energized Nutrients

Total Fat	1.4 g
Saturated Fat	.5 g
Trans Fats	0 g
Cholesterol	42.5 mg.
Sodium	85.8 mg.
Potassium	179.4 mg.
Total Carbohydrates	18.7 g
Dietary Fiber	10.3 g
Sugars	8 g
Protein	15.4 g
Probiotic (Bacillus subtilis 100)	15 mg.

**Ingredients:** Natural whey protein concentrate by cross flow, fibers (dahlia, 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, equisetum arvense (natural silica), and MCT (from raw coconut and palm).

#### Typical Dosage

**As a dietary supplement, add two (2) rounded scoops (39 g) of PERQUE Whey Guard powder to 6-8 oz. of cold water, milk, juice, or fruit smoothie of your choice daily or as directed by your health professional.**

**Total Calories: 177 • Calories from Fat: 17 • Calories per gram: Fat - 9, Carbohydrates - 4, and Protein - 4**

#### Size

20 oz. (#801)

## PERQUE WHEY GUARD™ - CHOCOLATE

20 oz. (#802)

- 15+ grams of 100%, fully functional, native whey protein to revitalize and boost immune defenses
- Low calorie and fat: <180 calories, <10% from fat, and zero trans fats
- Low glycemic index for sustained energy and healthier blood sugar levels
- High fiber (10+ grams) for digestive comfort and regularity

### TWO SCOOPS PROVIDE:

#### Energized Nutrients

Total Fat	1.9 g
Saturated Fat	.8 g
Trans Fats	0 g
Cholesterol	42.5 mg.
Sodium	83.3 mg.
Potassium	402.8 mg.
Total Carbohydrates	23.9 g
Dietary Fiber	11.6 g
Sugars	10.9 g
Protein	16.1 g
Probiotic (Bacillus subtilis 100)	15 mg.

**Ingredients:** Natural whey protein concentrate by cross flow, fibers (dahlia, guar gum, xanthan gum), sugars (organic evaporated cane juice, maple flakes), Dutch processed cocoa (100% cacao), natural vanilla extract, milk buds, natural cream extract (butyrate rich butter fat), potassium chloride, monk fruit concentrate, equisetum arvense (natural silica), and MCT (from raw coconut and palm).

#### Typical Dosage

**As a dietary supplement, add two (2) rounded scoops (39 g) of PERQUE Whey Guard powder to 6-8 oz. of cold water, milk, juice, or fruit smoothie of your choice daily or as directed by your health professional.**

**Total Calories: 177 • Calories from Fat: 17 • Calories per gram: Fat - 9, Carbohydrates - 4, and Protein - 4**

#### Size

20 oz. (#802)

## PERQUE ZINC & THROAT GUARD LOZENGES™

50 lozenges (#300)

- Offers a special blend of fully soluble, energized zinc, and synergistic nutrients for maximum immune support\*
- A biocomplete, throat-soothing formula\*
- Patents pending, Kosher

### ONE LOZENGE PROVIDES:

#### Energized Nutrients

Zinc (as citrate, aspartate, and glycinate)	15 mg.
Vitamin C (100% l-ascorbate, fully reduced, corn free)	60 mg.
Echinacea (Purpurea 4:1)	10 mg.
Slippery elm	25 mg.
OPC (LMW ActiVin®)	5 mg.
Sucanat® honey	236 mg.
Mannitol	200 mg.
100% Whole raspberry fruit extract	45 mg.
100% Whole cherry fruit extract	7 mg.
Vegetable fiber (organic croscarmellose)	25 mg.
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	6 mg.

### Typical Dosage

**As a dietary supplement, dissolve one (1) lozenge in mouth or as directed by your health professional.**

### Size

50 lozenges (#300)



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## APPENDIX I

### Ascorbate (Vitamin C) C-Cleanse Protocol *How to Determine Individual, Functional Need for Ascorbate*

#### Which Ascorbate Is Best to Use

It is preferable to use a **100% l-ascorbate, fully reduced, buffered mineral ascorbate** form of vitamin C that contains a proper balance of the major essential buffering minerals: 1) potassium, 2) magnesium, 3) calcium, and 4) zinc. No dl-ascorbate or d-ascorbate should be used as the d-ascorbate form is not absorbed by humans; people take up only the l-ascorbate. Per gram of ascorbate, we find best outcomes, patient compliance, and satisfaction from a balanced mineral content of potassium (66 mg.), calcium (27 mg.), magnesium (11 mg.), and zinc (400 mcg).

- This means that if you were taking a half-teaspoon of buffered ascorbate that has no masking or “inert” agents in it, you would have 1.5 grams of ascorbate containing potassium, 99 mg.; calcium, 40 mg.; magnesium, 16 mg.; and zinc, 600 mcg. If there is less than 1.5 grams per half-teaspoon, there is likely to be a hidden or masking agent that may cause digestive or immune problems.

#### How to do Ascorbate Calibration “C Flush”

When possible, it is best to start (especially the first use of this protocol) on an empty stomach, first thing in the morning. Allow yourself that day to finish the “flush”. Most people saturate their ascorbate need within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the initial calibration “flush”.

Dissolve each half-teaspoon (1.5 grams) of fully reduced, buffered mineral l-ascorbate powder in 2 or more ounces of water or diluted juice (juice diluted 1:1 with water). Plan to count and record each dosage. After dissolving the l-ascorbate and allowing any effervescence to abate (typically dissolves within two minutes), drink the beverage. The amount of l-ascorbate needed depends on how quickly your body uses it up. Below are suggestions for how to best determine your needs based on how healthy you are:

- A **healthy person** begins with a level half-teaspoon dissolved in 1-2 ounces of water or diluted juice every 15 minutes.
- A **moderately healthy person** begins with 1 teaspoon every 15 minutes.
- A **person in ill health** begins with 2 teaspoons every 15 minutes.
- If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.

Continue with these instructions at the proper time intervals until you reach a watery stool or an enema-like evacuation of liquid from the rectum. This is as if a quart or so of liquid is expressed from the rectum.

**CAUTION:** Do not stop at loose stool. You want to energize the body to “flush out” toxins and reduce the risk that they may recirculate and induce problems. At this time, stop consuming the buffered ascorbate for the day.

**HOWEVER,** if your calibration dosage is more than 50 grams of vitamin C, you should consume a dosage of vitamin C of at least 10% of the total l-ascorbate need to induce the l-ascorbate calibration “flush” in the later afternoon or evening. Many people find that preparing a “batch” of ascorbate allows for easier, more timely consumption of the beverage rather than making up a new batch at each interval. **Example:** 30 grams (10 teaspoons) may be dissolved in 10-20 ounces of liquid. If this method is chosen, we recommend using a capped, dark bottle to avoid air or light (photo-) oxidation of the ascorbate. Dissolved ascorbate is stable for a day if kept cool or cold and tightly sealed.

## APPENDIX I, continued

### Changing Ascorbate Need

As you become healthier, the ascorbate is used more efficiently and is better conserved in your body and less ascorbate will be needed to achieve the desired effect. As your need for ascorbate decreases, you may notice loosening of the stool indicating that your body is consuming ascorbate more efficiently and your need has decreased. That is the time to taper ascorbate intake. As you become familiar with your body's responses, your need for and best timing of ascorbate is likely to become clear through direct experience with this protocol.

### Daily Consumption of Ascorbate after Calibration (C Flush )

Between calibrations, consume 75% of the total ascorbate you need to induce the flush. You may use ascorbate as a liquid, tablet, or a capsule taking two to four or more doses per day. The usual sufficiency need for a person in a state of good health is 2-10 grams/day.

### Hints for Calculating Daily Therapeutic Ascorbate Requirement

- Total the amount of ascorbate consumed.
- Total the number of 1/2 level tsp. = 1.5 grams or 1 level tsp. = 3 grams.
- Multiply number of 1/2 tsps. times the number of doses for the total.
- Then calculate 75% or three-quarters of the total. This is the current daily sufficiency need for ascorbate.

Range amounts of level 1/2 tsps.= 1.5 gms	Number of level tsps.= 3 gms	Total grams of l-ascorbate consumed for calibration	Daily (75%) therapeutic level of l-ascorbate (level 1/2 tsps.)	Daily (75%) therapeutic level of l-ascorbate (gms) [rounded to nearest unit for clinical use]
6	3	9	4.5	7
10	5	15	7.5	12
25	12.5	37.5	19	28
90	45	135	67.5	101

### Outcome of Ascorbate Flush

Many people report a subjective sense of improved well-being after the completion of an ascorbate calibration. This may be of short duration, initially, but is a promising sign for long-term improvement. As toxins are eliminated from the body and as it is energized through the action of the ascorbate, you should feel progressively better for longer periods of time.

### Repeat of Ascorbate Calibration

For most rapid progress, once per week is recommended. You select the frequency that meets your needs. Repair deficits increase ascorbate needs over time until a consistent dose of vitamin C is maintained. Discuss with your practitioner the right frequency for you.

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## APPENDIX I, *continued*

### Supporting Supplementation

When introducing higher dosages of vitamin C your cellular machinery works harder and more efficiently. The following supplements may be helpful to allow your repair to go most smoothly.

#### When energy disturbances, cramps, and magnesium deficits are likely:

- **Choline Citrate: (1 teaspoon = 1,300 mg.)** - 1 teaspoon twice daily in juice or water
- **Magnesium: 100 mg. elemental twice daily**
- **L-Glutamine: 1,500 mg. L-Glutamine + 500 mg. PAK** (the PAK recycles / potentiates Glutamine so less is needed) or the equivalent = 15 grams of L-Glutamine free-form amino acid, **twice daily**.

#### When digestive problems and inflammation are significant:

- Probiotics: 2-4 capsules of multiple cultured human strains of lactobacillus/ bifidobacterium bacteria with each meal.
- **Flavonoid/flavonol repair combination: 2-10 tablets** of 500 mg. quercetin dihydrate plus 5 mg. Proanthocyanidins/soluble OPC **twice daily**.

If one wishes to or must stop ascorbate for any reason, it is quite important to taper gradually. Sudden cessation of ascorbate does not allow the body time to accommodate to the change, and the body will continue to metabolize/excrete large amounts. You must reduce your ascorbate level by several grams/day over a sufficient period (depending on how much you were taking) to prevent this from occurring. Using the C Flush is important. Many helpful things happen at the ascorbate saturation level that will not happen otherwise. Doses from 50 grams to 200 grams or more a day are usual for immune dysfunction states like cancer, chronic viral and bacterial infections, and other serious inflammatory or autoimmune diseases. We recommend appropriate doses throughout life and see L-ascorbate used effectively to charge up the cellular electron pool, promoting cellular healing and metabolism, purging the body of foreign invaders, and providing a base on which to build health. Over a period of ascorbate use, the amount of ascorbate necessary to achieve bowel tolerance changes and fluctuates. During stress or illness, many times more can be taken (and is appropriate to take) than at other times. We ask each person to begin to see ascorbate as a useful tool. As healing occurs and health becomes more balanced, the amounts of ascorbate should also change accordingly. Vitamin C can be useful to you. Use it wisely and you will be well rewarded.

## APPENDIX I, continued

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## NOTES

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## NOTES

## WHO WE ARE

**PERQUE LLC** was founded in 1987 by Dr. Russell Jaffe, a physician trained in internal medicine, clinical pathology, immunology, and biochemistry. Using the latest scientific and medical knowledge available, Dr. Jaffe has developed a new generation of nutritional supplements, which are sold through doctors and healthcare professionals, called **PERQUE**. Dr. Jaffe's goal is to develop the most advanced formulas possible in order to provide superior results in restoring, maintaining, and enhancing health.

Based on the **PERQUE Well Guard®** philosophy, our **PERQUE** promise is that only the most active, specific forms of nutrients shown beneficial in clinical studies are selected for use. All ingredients are listed on our "full disclosure" labels and are 100% bioavailable. **PERQUE's** unique formulations use only pure ingredients -- nothing wasted, such as non-absorbable nutrients and nothing to interfere with the full uptake of nutrients into your cells, such as toxins from the production process, allergens from the extraction process, or preservatives.

We have not found any other nutraceutical formulas on the market that can match the results **PERQUE** delivers. We know that people using **PERQUE** report faster and more predictable results that favorably impact the quality of their life. This is why leading doctors and healthcare professionals select and use **PERQUE**. *Feel the PERQUE difference.*

## THE PERQUE GUARANTEE

**PERQUE has been specially formulated based on the highest standards of quality listed below. When comparing other brands to PERQUE, you can be confident in PERQUE's superiority.**

- All **PERQUE** products come with a **100%, unconditional, money-back guarantee** — the strongest guarantee in the natural health industry.
- Every **PERQUE product provides 100% potency and activity** for its entire shelf life. **PERQUE** formulas are **designed for exceptional delivery and stability**.
- **PERQUE** physicians and scientists are committed to exceptional value and results. Every ingredient used in a **PERQUE** product is **pharmaceutical-grade or better**. **PERQUE** sources special ingredients from all over the world. Only the exact delivery forms of nutrients shown in clinical studies to be effective are used in **PERQUE** formulas with NO substitutions.
- By using high precision control of temperature and pressure in the manufacturing process, all **PERQUE products, including tablets, dissolve rapidly** (15 to 20 minutes in the stomach), allowing superior uptake and rapid results as well as eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products — **no hidden or inactive ingredients**.
- In order for a nutrient to be brought into your body, it must be transported. Every **PERQUE** product is activated with the same potent transporters that are used by nature and in food to **ensure full bioavailability or 100% uptake**. The biologically preferred form of an ingredient is always used to enhance activity, produce energy, and deliver direct results.
- All **PERQUE** products are **allergen-free and contaminant-free** and do not contain citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), or preservatives.
- **PERQUE** products **do not contain genetically modified organisms (GMOs)**.
- **All PERQUE ingredients are plant-based**, except the human probiotic strains, distilled lipids, and **PERQUE Joint Guard** extracts.
- Every **PERQUE product is produced following or exceeding the FDA's pharmaceutical GMP** (Good Manufacturing Practices) regulations.
- **PERQUE** has unique **third-party chemical bioassays (tests) performed on all formulas** to ensure that the quality ingredients are still active in our products even after production.

## SUCCESS STORIES

**Hear from those who have found success when using PERQUE products as part of their patients' and their own wellness program.**

"I have used **PERQUE** nutraceuticals myself and with many of my patients. I have been very impressed with the quality, purity, and clinical results I see with **PERQUE** products. The patients' symptom response when placed on **PERQUE** is significantly better than any nutrient lines I have used in the past. I am impressed with how they are formulated, how they target nutrients for specific problems, and their superior bioavailability. I have no hesitation in recommending **PERQUE** products to my patients and family."

***John Hart, MD - Ashburn, VA***

"I have had direct experience with **PERQUE** products. In 24 hours these products accomplished what other products failed to do in six weeks. They completely relieved all of my bronchial symptoms!"

***Douglas Fleckman, CCN, FACN - Houston, TX***

"When we compared **PERQUE** products with substitutes, our patients were quick to see the difference. There's something very special about these unique formulations -- they work! We continually see outstanding results with our patients, and we would never be without them."

***Anne Szpindor, MD - Chicago, IL***

"I began using **PERQUE** products for my son, who suffered with two ear infections back to back and had been on five antibiotics in his first nine months. Since I started using **PERQUE**, he has not been sick. I highly recommend using **PERQUE** as a first line of defense when you recognize an illness approaching. I do not know of another product that would match the quality and effectiveness of **PERQUE**."

***Suzanne Bernard, MS, RD, LD - Plano, TX***

**Please visit our web site at [www.PERQUE.com](http://www.PERQUE.com) for clinical studies and original research that confirm the uniqueness of PERQUE's philosophy and products.**



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