

Achieve



Sustained
Wellness

Clinical Protocols by Condition



*This document is designed to help match people with the supplement plan most likely to achieve results. **PERQUE** products are categorized by functional topic, applicability, and priority. These functional suggestions promote health and are not intended to be used in the treatment, cure, prevention, or mitigation of any disease or disorder as specified in FDA guidelines. Only health professionals diagnose and treat diseases or disorders.*

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PERQUE
ELISA/ACT
Biotechnologies

Supplements



Bioavailable
Active
Novel

We are what we EAT, DRINK, THINK, and DO.

The PIH holistic approach to achieving life-long well-being is the 5-step Well Guard™ Program. This *Protocols by Condition* document is one of many tools we offer. We enable you to create individualized, targeted diet, supplement and life-style programs to enable people to repair and restore resilience.

In addition to the targeted supplements listed for each condition, this comprehensive EAT, DRINK, THINK, DO Well Guard Program approach recommends:

- Eating an immune-tolerant Alkaline Way diet
- Water as a beverage of choice and 40+ grams of fiber per day
- Determining health status and nutrient needs with the validated HAQ
- Removing immune-stressing toxins through safer detox by fully meeting individual needs.
- Healthful daily choices including at least 30 minutes of enjoyable exercise and 20 minutes of a preferred mindfulness practice.

Help your clients.

Help your practice.

Help yourself.

The Well Guard Program makes it easy.

To learn more, contact **PERQUE Integrative Health** at 1.800.525.7372 or visit www.PERQUE.com or facebook.com/PERQUEIntegrativeHealth.

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Metabolic Syndrome / Insulin Resistance / Pre-Diabetes / Type 2 Diabetes

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Glucose Regulation Guard Forté™ <i>Regulate based on blood sugar (see label) to keep Hgb A1C <5%</i>	4-8/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4-8/day
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-30/day
PERQUE Adreno Distress Guard™ <i>Enables stress hormone balance to keep cortisol/HPA rhythm</i>	2-4/day
PERQUE Vitamin D3 CellGuard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day
PERQUE MDP Guard™ <i>100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins</i>	8/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Adrenal Health / Chronic Fatigue (‘Cushingoid or Addisonian’)

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard Tabsules™ and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on “C- Calibration” or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-60/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	2-12/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †
PERQUE Adreno Distress Guard™ <i>Enables stress hormone balance to keep cortisol/HPA rhythm</i>	2-4/day
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Fibromyalgia (Muscle Pain)

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard Tabsules™ and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-60/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	2-4/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †
PERQUE Adreno Distress Guard™ <i>Enables stress hormone balance to keep cortisol/HPA rhythm</i>	2-4/day
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Heart and Vascular Health

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard Tabsules™ and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	2-4/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Energized Double Zinc Guard™ <i>Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50</i>	1-4/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day
PERQUE MDP Guard™ <i>100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins</i>	8/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Cold and Flu*

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Zinc & Throat Guard™ <i>Active zinc, vitamin C, Echinacea, Slippery elm, and OPC 85+</i>	Dissolve 1 lozenge in mouth every 2 hours as needed
PERQUE Energized Double Zinc Guard™ <i>Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50</i>	1-4/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

*Might be food delayed immune pseudo-flu. Consider LRA testing.

Stress/Distress

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Adreno Distress Guard™ <i>Enables stress hormone balance to keep cortisol/HPA rhythm</i>	2-4/day
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE Energized Double Zinc Guard™ <i>Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50</i>	1-4/day
PERQUE Activated B12 Guard™ <i>Hydroxocobalamin lozenge</i>	1-12/day
PERQUE Mood Guard™ <i>Detoxifier and natural antidepressant to keep moods stable</i>	2-6/day †
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Liver Health / Hepatitis Risk (A, B, C, D, Chemical, or Risk)

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	2-6/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Activated B12 Guard™ <i>Hydroxocobalamin lozenge</i>	1-12/day
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Men's Health (40+)

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	2-4/day
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	2-6/day
PERQUE Prost8 Vitality Guard™ <i>Prostate formula with saw palmetto, lycopene, pygeum, and more to keep PSA <0.5</i>	2-6/day
PERQUE Energized Double Zinc Guard™ <i>Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50</i>	1-4/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Women's Health (40+)

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Bone Guard Forté 20™ <i>Complete bone-building formula for maximum utilization</i>	2-6/day
PERQUE Joint Guard™ <i>Glucosamine, chondroitin, and OPC 85+ for joints and inflammation</i>	2-6/day
PERQUE Hematin Anemia Guard™ <i>Complete iron formula</i>	1/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Healthy Lean Weight

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Whey Guard™ <i>Meal replacement to improve digestion, energy and weight</i>	2-4 scoops/day
PERQUE Glucose Regulation Guard Forté™ <i>Regulate based on blood sugar (see label) to keep Hgb A1C <5%</i>	4-8/day
PERQUE MDP Guard™ <i>100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins</i>	8/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Adreno Distress Guard™ <i>Enables stress hormone balance to keep cortisol/HPA rhythm</i>	4-8/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Fitness Enhancement / Exercise Strain / Accident Response

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †
PERQUE Choline Citrate™ <i>Energy-enhancing formula</i>	2 tsp/day
PERQUE MDP Guard™ <i>100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins</i>	8/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	2-4 scoops/day
PERQUE Glucose Regulation Guard Forté™ <i>Regulate based on blood sugar (see label) to keep Hgb A1C <5%</i>	4-8/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Inflammation / Repair

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	2-6/day
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Whey Guard Repair™ <i>Meal replacement and inflammation management</i>	2-4 scoops/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Digestive Health

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †
PERQUE Regularity Guard™ <i>Improve bulk and digestive transit time to keep transit time 12-18 hours</i>	6-8 scoops/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day
PERQUE Activated B12 Guard™ <i>Hydroxocobalamin lozenge</i>	1-12/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Bone Health: Osteoporosis or Osteopenia Risk

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Bone Guard Forté 20™ <i>Complete bone-building formula for maximum utilization</i>	2-6/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Joint Guard™ <i>Glucosamine, chondroitin, and OPC ActiVin® for joints and inflammation</i>	2-6/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Joint Health: Sports Injury to Joints

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Joint Guard™ <i>Glucosamine, chondroitin, and OPC ActiVin® for joints and inflammation</i>	2-6/day
PERQUE Bone Guard Forté 20™ <i>Complete bone-building formula for maximum utilization</i>	2-6/day
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™ <i>Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%</i>	4/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Lung Health

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	2-6/day
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Energized Double Zinc Guard™ <i>Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50</i>	2/day
PERQUE Detox IN Guard™ <i>Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing</i>	3-6/day †
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Eye Health Protocol

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and mixed natural carotenoids and tocopherols to reduce environmental toxin load.</i>	1-3/day
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	4-12/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	1-6/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

Healthy Blood Pressure Protocol

High blood pressure is associated with increased risk of stroke, heart attack, heart failure, and chronic kidney disease, yet many people don't know they have it. It can cause damage long before symptoms appear, and it affects almost half of U.S. adults. We spend almost \$50Bn per year, including the cost of the 150 million prescriptions written to treat it. The protocol below helps maintain healthy blood pressure with a "Physiology before Pharmacology" approach.

PERQUE Targeted Supplementation

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	1-4x/day based on 1st AM Urine pH Proportion: 2 caps + 1 tsp
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	4-12/day
PERQUE EPA/DHA Guard™ <i>Safer Omega 3s</i>	2-8/day
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	1-3/day

NOTE: Supplements in **GOLD** are essential.

Predictive Biomarker: Hemoglobin A1c (Hgb A1c) >5%

PERQUE Targeted Supplementation*

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Glucose Regulation Guard Forté™ <i>Regulate based on blood sugar (see label) to keep Hgb A1C <5%</i>	4-8/day
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

*Re-test in 6 months

Predictive Biomarker: High-Sensitivity C-Reactive Protein (hsCRP) >0.5 mg/L

PERQUE Targeted Supplementation*

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Whey Guard Repair™ <i>Meal replacement and polyphenolics</i>	2-4 scoops/day
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

*Re-test in 6 months

Predictive Biomarker: Homocysteine >6 µmol/L

PERQUE Targeted Supplementation*

Dosage
(To be taken with food
unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Digesta Guard Forté 10™ <i>Non-dairy, 10-strain formula to provide probiotics (40+ Bn/day total)</i>	2-6/day
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	2-6/day
PERQUE Vessel Health Guard™ <i>Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L</i>	2/day
PERQUE Endura/PAK Guard™ <i>Energy-enhancing formula to keep glutathione adequate</i>	2-12/day †

NOTE: Supplements in **GOLD** are essential. Supplements in **GRAY** are additionally clinically supportive.

*Re-test in 6 months

Predictive Biomarker: Omega-3 index <8% and 8-oxoguanine >5 ng/mg creatinine

PERQUE Targeted Supplementation*

Dosage
(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Repair Guard™ or PERQUE Pain Guard Forté™ <i>Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L</i>	3-14/day
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp
PERQUE Mito Guard 100 Plus™ <i>With rice bran oil and vitamin E for superior action to keep phagocytic index >50</i>	3-10/day
PERQUE EPA/DHA Guard™ <i>Safer Omega 3s</i>	6-8/day
PERQUE Liva Guard Forté™ <i>Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.</i>	1-2/day

*Re-test in 6 months

Predictive Biomarker: Vitamin D

<50 or >80 ng/mL

PERQUE Targeted Supplementation*

Dosage
(To be taken with food
unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Vitamin D3 Cell Guard™ <i>Potent liquid sublingual to keep 25-OHD between 50 and 80 ng/mL</i>	2-4 drops/day

*Re-test in 6 months

Predictive Biomarker: First-morning pH <6.5 or >7.5*

PERQUE Targeted Supplementation**

Dosage
(To be taken with food
unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules <i>Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow.</i>	2-6/day
PERQUE Potent C Guard™ Powder and Tabsules <i>Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.</i>	Dose based on "C- Calibration" or as recommended by health professional
PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™ <i>Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5</i>	4-6/day Proportion: 2 caps + 1 tsp

*If >7.5, check urine ammonia to rule out catabolic illness.

**Re-test in 6 months

WHO WE ARE

PERQUE™ Integrative Health was founded in 1987 by Dr. Russell Jaffe, an internal medicine physician, clinical pathologist, immunologist, and biochemist. Using the latest scientific and medical knowledge available, Dr. Jaffe has developed **PERQUE**, a new generation of nutritional supplements, available only through doctors and healthcare professionals. Dr. Jaffe developed the most advanced formulas possible in order to provide superior results in restoring, maintaining, and enhancing health.

Nothing matches the results **PERQUE** delivers. People using **PERQUE** report faster and more predictable results that favorably impact the quality of their lives. More and more leading doctors and healthcare professionals use **PERQUE**.

THE PERQUE GUARANTEE



PERQUE has been specially formulated based on higher standards of quality listed below. When comparing other brands to PERQUE, you can prove 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.
- 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 tabsules, dissolve rapidly (15-20 minutes in the stomach), allowing superior uptake and rapid results as well as eliminating digestive irritation 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/milk derivatives (except meal powders), 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.

THE WELL GUARD PROGRAM

The **PERQUE** Well Guard™ program makes it easy to create individualized supplement plans for every patient. Following this innovative program and becoming a certified Well Guard Practitioner will allow you to better assess patients' overall health, identify hidden immune burdens, fine-tune treatment plans to remove toxins and guide repair, and confidently support your patients in their health improvement. Learn more. Contact **PERQUE Integrative Health** at 800-525-7372 or email clientservices2@PERQUE.com.