

# PERQUE

## Activated B-12 Guard™

LASTS LONGER!  
DIRECT UPTAKE FOR FULL  
ABSORPTION.



### AN ORAL "INJECTION" FOR ENERGY AND DETOXIFICATION

**PERQUE Activated B-12 Guard is in lozenge form for maximum uptake** and optimal delivery to the brain. **Studies on PERQUE Activated B-12 Guard lozenge formulation show nearly the same B-12 uptake as from injection.** Patients notice that they feel better more quickly.\*

Vitamin B-12 in our food supply is estimated to be 78% less than in the 1960s. Diet alone is hard pressed to provide the necessary levels of this important nutrient. In addition, stress and reduced hydrochloric acid (HCl) and intrinsic factor production in the stomach impair absorption. The most commonly used forms of B-12 require activation in the body, making uptake quite low – rarely more than 50%.\*

**PERQUE** delivers vitamin B-12 in its superior, activated **hydroxocobalamin** form. Although it is more expensive and

difficult to obtain, hydroxocobalamin lasts longer and raises B-12 blood concentrations higher than other forms. **For this reason, it is the only form PERQUE uses.** Hydroxocobalamin requires no intrinsic factor and is **taken up directly by mucous membranes** regardless of digestive competence.\* Hydroxocobalamin is easily converted to active but short-lived methylcobalamin and adenosyl-cobalamin as needed in the body. **Hydroxocobalamin, the parent to other B-12 forms, provides better, long-lived B-12 action in the body.**

### PERQUE ACTIVATED B-12 GUARD FOR SAME!

Optimal absorption of vitamin B-12 is essential to keep SAME (S-adenosyl methionine) in its beneficial form. SAME is critical for the manufacture of brain chemicals and for detoxification.\*



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## PERQUE ACTIVATED B12 GUARD LOZENGES PROVIDE

### ENERGIZED NUTRIENTS

B-12 (as hydroxocobalamin)	2,000 mcg
Mannitol	295 mg
Organic, whole cane juice)	1 mg
100% Whole cherry fruit extract	3.5 mg
Raspberry Flavor	8.5 mg
Croscarmellose sodium	25 mg
Magnesium (as C16 and C18 alkyls†) (†from whole, untreated palm fruit and leaf)	3.5 mg

**Other Ingredients: None**

#### WARNING

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

#### 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.

**Available in bottles of 100.**

## MORE ABOUT HOMOCYSTEINE BEAT FATIGUE WITH B-12

The importance of maintaining normal homocysteine levels cannot be overemphasized. Your heart health depends on it. Clearly, the scientific evidence indicates that nutrient deficiency is a factor in elevated homocysteine levels. However, in a recent study, researchers discovered that in many patients, even when serum levels of vitamins appear to be normal, homocysteine concentrations were still too high.\*

Elevated homocysteine levels are implicated in much more than heart disease. In a study of women with both chronic fatigue and fibromyalgia, researchers discovered that all of the patients had high levels of homocysteine in their cerebrospinal fluid. They also noted a significant correlation between high homocysteine levels and fatigue. The study emphasized the importance of the relationship between B-12 and homocysteine, and showed that B-12 deficiency was a contributing factor. By decreasing levels of homocysteine in the central nervous system, B-12 can help prevent and treat fatigue.\*

#### Scientific Evidence

1. Glueck CJ, et al.: Evidence that homocysteine is an independent risk factor for atherosclerosis in hyperlipidemic patients. *Am J Cardiol* 1995 Jan 15; 75: 132-136.
2. Andres E, Loukili-NH, Noel E, Kaltenbach G, Abdelgheni MB, Perrin AE, Noblet-Dick M, Maloisel F, Schlienger JL, Blicke JF. Vitamin B12 (cobalamin) deficiency in elderly patients. *CMAJ* 2004 Aug 3; 171(3):251-9.
3. Abalan F, Subra G, Picard M, Boueilh P. Incidence of vitamin B-12 and folic acid in patients admitted to a geriatric psychiatry unit. [Article in French] *Encephale* 1984; 10: 9-12.
4. Nilsson K, Gustafson L, Hultberg B: Plasma homocysteine is a sensitive marker for tissue deficiency of both cobalamines and folates in a psychogeriatric population. *Dement Geriatr Cogn Disord* 1999 November-December; 10(6): 467-482.
5. Regland B, Andersson M, Abrahamson L, Bagby J, Dyrehag LE, Gottfries CG: Increased concentrations of homocysteine in the cerebrospinal fluid in patients with fibromyalgia and chronic fatigue syndrome. *Scand J Rheumatol* 1997; 26(4): 301-307.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



#### THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Activated B-12** comes with a 100%, unconditional, money-back guarantee – the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products — no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/ milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- Unique post-production assays and clinical bioassays assure product integrity.

#### YOUR QUALITY ASSURANCE

Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.