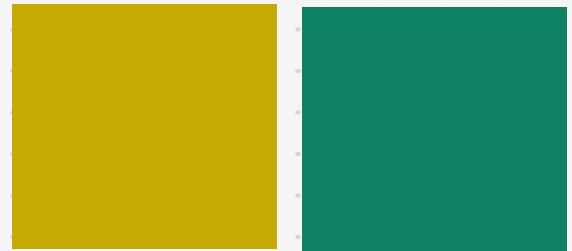


# PERQUE

## Life Guard™



### 40 Essential Nutrients Protect Heart, Body, and Brain

#### WHY YOU NEED PERQUE LIFE GUARD

**PERQUE Life Guard** is a unique, comprehensive, 40-essential nutrient formula that provides you four products in one:

- 1) **Super potency B complex plus** (14 vitamins)
- 2) **Minerals** (10 fully available elemental forms)
- 3) **Mixed vitamins E, selenomethionine, and tocotrienols** (enough to lower cardiovascular risk by 60%)\*
- 4) **Cell alkalizers and energizers** (16 for complete effect)

#### PERQUE Life Guard provides:

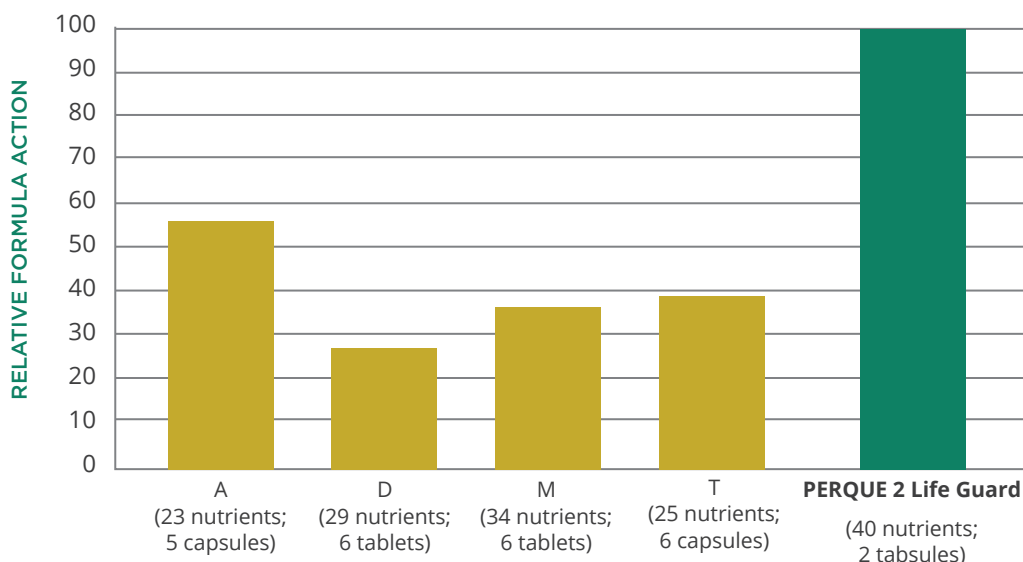
- Purer, more active nutritives
- No oxidants (like iron and copper that compete with and degrade antioxidants when they are mixed and stored together in a bottle). Use **PERQUE Hematin Anemia Guard** (for iron and other anemia-protecting nutrients) and **PERQUE Bone Guard Forté** (for copper and other bone/body- building minerals).

Due to its unique formulation and using only fully active components, **PERQUE Life Guard** tabsules provide the advantages of capsules and the convenience and enhanced shelf stability of tablets.

PLACEBO-CONTROLLED  
PROVEN RESULTS  
40 ESSENTIAL NUTRIENTS



**PERQUE Life Guard's Relative Formula Potency Compared to Four "Best of the Best" Brands\*\***



**Product comparison** \*\* Analysis based on total active amount of nutrients in each formula.



## YOUR ADVANTAGE

In a placebo-controlled study, **PERQUE Life Guard** was assessed on physically active men in a high-stress environment. After 12 weeks, participants had significant and sustained increases in measured nutrients [thiamine (B-1), riboflavin (B-2), pyridoxal phosphate (B-6), cobalamin (B-12), pantothenate, and biotin]. All showed full uptake of label potency. At the end of the study, increases were as high as the beginning. This means the body needed the higher nutrient levels and did not “adapt back” to lower levels.

## PERQUE LIFE GUARD SHOWS ITS POTENCY

Healthy urine is sunshine bright yellow. Most Americans have marginal or deficient B vitamins. This shows in a clear, colorless urine (if we are dehydrated the urine may be cloudy or muddy colored, which is a sign we need to drink more water and, maybe, less caffeinated drinks). One of the ways **PERQUE Life Guard** shows its high potency is that it is able to supply the nutrients our body needs and provide enough to protect our kidneys and bladder from the effects of toxins being excreted. Compared to other formulas, **PERQUE Life Guard** keeps our urine a healthy, bright yellow longer.

## References:

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

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

## Two PERQUE Life Guard Tabsules PROVIDE

### ENERGIZED NUTRIENTS

<b>Vitamins:</b>	
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.).....	200mg.
Vitamin B-12 (hydroxocobalamin).....	200 mcg
Folate (calcium folinate 200 mcg; (6S)-5-Methyl- tetrahydrofolate as Quatrefolic™ 200 mcg.).....	400 mcg
PABA (para-aminobenzoic acid).....	30 mg.
Biotin (pure crystalline).....	500 mcg
Vitamin C (100% l-ascorbate, fully reduced, corn free) .....	150 mg.
Vitamin D-3 (cholecalciferol) .....	400 IU
Vitamins E (from mixed natural tocopherols)**.....	200 IU
Vitamin K-1 (phyloquinone).....	500mcg
<b>Elemental Minerals:</b>	
Potassium (as citrate).....	99 mg.
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate).....	50 mg.
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls†) .....	100 mg.
Zinc (as picolinate) .....	25 mg.
Boron (as ascorbate) .....	2 mg.
Chromium (as picolinate).....	200mcg
Manganese (as ascorbate).....	15 mg.
Molybdenum (as ascorbate).....	100 mcg
Selenium (as l-selenomethionine).....	50 mcg
Vanadium (as citrate) .....	100 mcg
<b>Active Cofactors:</b>	
Quercetin dihydrate (water-soluble bioflavonoid) ..	100 mg.
L-aspartic acid (magnesium aspartate).....	50 mg.
Trimethylglycine (betaine HCl).....	50 mg.
Triacantanol (policosonol) .....	147 mcg
Hexacosanol (policosonol).....	73.5 mcg
Octacosanol (policosonol).....	911.4 mcg
Citrate.....	59 mg.
Fumarate.....	59 mg.
Malate .....	59 mg.
Succinate.....	59 mg.
Vegetable fiber (organic croscarmellose) .....	170 mg.
Natural Vanilla .....	120 mg.
Organic Sunflower Oil.....	2 mg.

\*\*Vitamins E is stated to reinforce the fact that the alpha, beta, gamma, and delta forms of natural tocopherols is used.  
† From whole, untreated palm fruit and leaf.

### OTHER INGREDIENTS: NONE

#### WARNING

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

#### Available in bottles of 60 and 180 tabsules

#### Typical Dosage

As a dietary supplement, take 2 tabsules per day with meals or as directed by your health professional. Alternative daily dosing as follows:  
Low stress, healthy  
1-2 tabsules/day  
Moderate stress, unwell  
3-4 tabsules/day  
High stress, training  
5-6 tabsules/day  
Best taken with meals



## THE PERQUE GUARANTEE

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

- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products — no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, 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.