

# PERQUE

## Sleep Guard™ Capsules

**PERQUE Sleep Guard** enhances restful, healing sleep by restoring healthy brain chemistry. Regain sleep that refreshes, revitalizes and reenergizes mind and body. With **PERQUE Sleep Guard** you naturally rebuild resilience. A safer, natural alternative to habit-forming pharmaceuticals, **PERQUE Sleep Guard** boosts the body's own production of serotonin, the brain chemical that says "Ah... we can handle this." When the sleep center operates properly, renewing rest occurs. Start **PERQUE Sleep Guard** for improved quality of sleep and quality of life.\*

### Benefits of PERQUE Sleep Guard All-Active Formulation:



Restorative sleep\*  
Healthier REM deep sleep rhythms\*



Mood and energy stability\*



Neurohormonal balance\*  
Premenstrual and perimenopausal hormone balance\*



### Advanced Formula and Benefits:

#### L-Tryptophan

Tryptophan is an essential amino acid that produces a mood-enhancing neurotransmitter called serotonin. When the body is deficient in tryptophan, it also lacks serotonin. This can inhibit sleep and trigger numerous physical and/or mental disorders. Tryptophan deficiencies are associated with depression, insomnia,

premenstrual syndrome, schizophrenia, attention deficit disorders and autism-spectrum disorders. Adequate levels of tryptophan are essential for biochemical balance of the brain. **PERQUE Sleep Guard** uses only the highest-quality, pharmaceutical-grade L- tryptophan, plus key transport-enhancer nutrients, for the most effective results.\*



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## L-Tryptophan to Manage:

Attention deficit disorder / hyperactivity disorder (ADD / ADHD)\*

Autism Spectrum Disorder (ASD)\*

Mild to moderate depression\*

## L-Tryptophan vs. 5-HTP

**PERQUE** uses L-tryptophan—and synergistic ingredients—in their most beneficial, safe and natural forms. By contrast, many sleep supplements use 5-HTP, a metabolite of tryptophan. Tryptophan crosses the blood-brain barrier and efficiently converts to serotonin. The body can also transform tryptophan into other helpful compounds within the body, like niacin and melatonin: key ingredients in healthy sleep cycles.\*

## Additional 100% All-Active Ingredient Features

**PERQUE** uses nutrients only in their most bioavailable, natural and beneficial forms. **PERQUE Sleep Guard** delivers the active forms of vitamins B2 (riboflavin 5-phosphate) and B6 (pyridoxal 5-phosphate)—essential co-factors that maximize the absorption and benefits of L-tryptophan and strengthen its sleep- and mood-enhancing properties. In cases of mild-to-moderate depression, we recommend combining **PERQUE Sleep Guard** with **PERQUE Mood Guard**, for maximum mood-enhancing benefit.\*

ENERGIZED NUTRIENTS IN 1 <b>PERQUE SLEEP GUARD</b> CAPSULE		
Vitamin B-6 (as Pyridoxal 5'-Phosphate)	3	mg.
Riboflavin (as Riboflavin 5'-Phosphate)	3	mg.
L-Tryptophan	500	mg.
Silica (Equisetum botanical)	4	mg.
Croscarmellose	3	mg.
Magnesium (as C16 C18 alkylst)	5	mg.
Vegetable Capsule	120	mg.
†from whole untreated palm leaf and fruit		
OTHER INGREDIENTS: NONE		Typical Dosage
<b>Warning:</b> Pregnant and nursing mothers need to check with their health professional before taking supplements.		1-2 capsules 30 minutes prior to bedtime, preferably on an empty stomach
Available in bottles of 90 and 180 capsules		May also be taken during the night if necessary
		Works synergistically with Epsom salts and baking soda baths, deep abdominal breathing and green dichromatic light

Note: Stay well-hydrated and avoid eating protein two hours before bedtime so the stomach can absorb and metabolize the L-tryptophan in **PERQUE Sleep Guard** most efficiently.

## Resources:

Hartmann E. 1982-1983. "Effects of L-tryptophan on Sleepiness and On Sleep." Journal of Psychiatry Research. 17(2):107-113.

Riemann D, Feige B, Hornyak M, Koch S, Hohagen F, Voderholzer U. March 15, 2002. "The Tryptophan Depletion Test: Impact on Sleep in Primary Insomnia—a Pilot Study." Journal of

Psychiatry Research. 109(2):129-135.

Gendall KA, Joyce PR. September 2000. "Meal-induced Changes in Tryptophan:LNAA Ratio: Effects on Craving and Binge Eating." Eating Behaviors. 1(1):53-62.

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



## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Sleep 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.