

PERQUE

Plant Powered Protein Guard™

VEGAN MEAL REPLACEMENT POWDER*

NUTRITIOUS AND DELICIOUS
PEA PROTEIN POWDER!



PERQUE Plant Powered Protein Guard™ is a breakthrough in protein powder! It delivers a whole meal that is wholesome and delicious - may be used as part of a healthy weight management program.

In the tradition of all **PERQUE** products, **PERQUE Plant Powered Protein Guard** is redefining the pea protein powder category. **PERQUE Plant Powered Protein Guard** was developed to meet the growing need for a plant-based protein powder that is a "whole food" and is wholesome, nutritious, and most importantly DELICIOUS.

COMPLETE PROTEIN

There are nine amino acids that cannot be made by the body, and are thus "essential" to the diet. A food containing all 9 of these amino acids is considered a "complete" protein. Pea protein contains all nine essential amino acids, and is considered complete, despite methionine levels being a bit on the low side.¹ It's a great source of branched-chain amino acids (BCAA), especially arginine for healthy blood flow and cardiac health and leucine, isoleucine and valine for muscle growth. Pea protein is easily digested, well-absorbed, and a good source of iron.

PERFECT DIETARY ADDITION

Pea protein is naturally vegan, gluten and dairy free - not derived from any of the eight most common allergenic foods (milk, eggs, peanuts, tree nuts, soy, fish, shellfish, and wheat), making it a "go to" option for people with various dietary restrictions.

HEART, MUSCLE AND KIDNEY HEALTH

Because pea protein is derived mechanically from ground yellow split peas (versus chemical separation, often used for soy protein and some whey proteins), it retains more soluble fiber, which ultimately has a positive effect on the digestive system, cholesterol and glucose levels.^{2,3} When paired with the right type of resistance training pea protein can effectively build muscle.⁴ Lysine - an essential amino acid that pea protein is rich in, supports the immune system and helps convert fats to energy - strengthening its position in a weight management program. Pea protein is gentler on the kidneys than animal protein and provides the necessary protection.⁵

METABOLIC MANAGEMENT

PERQUE Plant Powered Protein Guard is designed to replace one high calorie, often unhealthy meal with a DELICIOUS low-calorie whole food. The healthy balance of protein, fats, and carbohydrates make **PERQUE Plant Powered Protein Guard** a "whole food."

WHOLE FOOD NUTRITION = WHOLE FOOD FUNCTION

- 20g organic, easily digestible pea protein
- 5g net carbs,
- Ultra low in fat. With less than 10% of calories from fat (4g fat per serving)
- Only 140 calories per serving
- Complex carbohydrates to help bind toxins and help with sugar and energy stability
- Organic Medium Chain Triglycerides for satiety and energy
- Flavored with organic cardamom, cinnamon
- Suitable for those following an alkaline, keto, paleo or similar healthy lifestyle program.



PERQUE

Compare **PERQUE Plant Powered Protein Guard** to any vegan protein powder on the market and find out why we guarantee our product is the most delicious and nutritious for you!

DIRECTIONS FOR USE: Replace 1 meal per day (or as directed by your healthcare practitioner) with 1 serving of **PERQUE Plant-Powered Protein Guard**. Add 1 scoop (~35g) of powder to 6-8 oz. of cold water and shake or blend. May also be mixed with milk, juice, or fruit smoothie of your choice.

VANILLA

Nutrition Facts		
14 Servings per container		
Serving Size	1 scoop (35.3 grams)	
Amount Per Serving		
Calories	140	
% Daily Value*		
Total Fat 3.5g		4%
Saturated Fat 1.5g		8%
Trans Fats 0g		
Cholesterol 0mg		0%
Sodium 300mg		13%
Total Carbohydrates 8g		3%
Dietary Fiber 3g		11%
Total Sugars 3g		
Includes 3g Added Sugars		6%
Protein 20g		40%
Vitamin D 0mcg		0%
Calcium 40mg		4%
Iron 6.7mg		35%
Potassium 40mg		<1%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram Fat 9 • Carbohydrate 4 • Protein 4		

Ingredients: Organic pea protein, organic palm sugar, natural flavors, organic medium chain triglyceride oil, organic guar gum, organic blue agave inulin, cinnamon, organic rebaudioside A and organic cardamom.

CHOCOLATE

Nutrition Facts		
14 Servings per container		
Serving Size	1 scoop (36.6 grams)	
Amount Per Serving		
Calories	140	
% Daily Value*		
Total Fat 4g		5%
Saturated Fat 1.5g		8%
Trans Fats 0g		
Cholesterol 0mg		0%
Sodium 300mg		13%
Total Carbohydrates 7g		3%
Dietary Fiber 3g		11%
Total Sugars 3g		
Includes 3g Added Sugars		6%
Protein 21g		42%
Vitamin D 0mcg 0%		
Calcium 40mg 4%		
Iron 8mg 45%		
Potassium 170mg 4%		
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram		
Fat 9	Carbohydrate 4	Protein 4

Ingredients: Organic pea protein, cocoa, organic palm sugar, organic medium chain triglyceride oil, natural flavors, organic guar gum, organic blue agave inulin, cinnamon, organic rebaudioside A and organic cardamom.

REFERENCES

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3. Mollard RC1, Luhovyy BL, Smith C, Anderson GH. Acute effects of pea protein and hull fibre alone and combined on blood glucose, appetite, and food intake in healthy young men--a randomized crossover trial. *Appl Physiol Nutr Metab*. 2014 Dec;39(12):1360-5.
4. Babault N , etal . Pea proteins oral supplementation promotes muscle thickness gains during resistance training: a double-blind, randomized, Placebo-controlled clinical trial vs. Whey protein. *J Int Soc Sports Nutr*. 2015 Jan 21;12(1):3.
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THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Plant Powered Protein 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.