

PERQUE®

Adreno Distress Guard™

RECHARGE NEUROHORMONES
RESTORE HORMONE BALANCE
EVIDENCE-BASED NUTRITION



THE NEED FOR MORE ENERGY: PERQUE ADRENO DISTRESS GUARD

Over eighty percent of people cite 'lack of energy' as the most common reason for coming to a physician. Low energy is a symptom of adrenal fatigue also known as Addison's hypoadrenalism. Other common signs of low adrenal function include:

- An uncontrollable need to eat
- Unusual mood swings
- Lack of restorative sleep...being tired or less than refreshed when one wakes up. As a result, people often push themselves to continue functioning; however, usually with the help of stimulants like coffee, cola, or sugar.

PERQUE Adreno Distress Guard is a natural, non-stimulating product that effectively rehabilitates the body's energy system at the cellular level so the glands can again function in youthful, resilient, and effective ways while not over-taxing an exhausted gland.*

PERQUE Adreno Distress Guard uniquely combines special forms of Rhodiola, Magnolia, and Phellodendron micellized in perilla oil and Medium Chain Triglycerides derived from raw palm fruit. Only **PERQUE Adreno Distress Guard** restores adrenal energy, improves thyroid hormone function, and enhances immune hormonal functions with evidence-based science to support the safer, trophorestorative rehabilitation of energy molecules (adrenalines) and control hormones like cortisol and DHEA.*

1. Rhodiola rosea calus / roseroot rhizome:

Rhodiola rosea is a popular plant in traditional medical systems in Eastern Europe and Asia and works on harmonizing the central nervous system, decreasing depression, enhancing work performance, eliminating fatigue, stabilizing moods, as well as working as a healthy mood regulator. Cardio-protective functions have also been attributed to rhodiola in traditional medical literature. Research also demonstrates utility in restoring healthy sleep rhythms, poor appetite, irritability, idiopathic hypertension, and unexplained headaches. The mechanism by which Rhodiola rosea calus works is based on action of activity of monoamines (adrenalines, dopamine, etc.) and opioid peptides such as beta-endorphins in the body.¹ The biologically active substances salidroside, rosin, and rosavin present in the rhizome of the plant increase the ability to concentrate and enhance mental and physical power.² Only **PERQUE** assures the use of the active, safer, effective rhodiola form.*

2. Magnolia and Phellodendron extracts: PERQUE Adreno

Distress Guard uses Relora®, an all-natural, proprietary, patented extract of Magnolia officinalis and a proprietary extract of Phellodendron amurense. Magnolia officinalis is a tree native to the rainforests of China. Its bark has long been used in a variety of ways, including for the use of stress and anxiety control. Phellodendron amurense, from the Amur corktree, grows in northeastern China and Japan.

Metabolism & Stress

Together, these extracts support or restore levels of the cortisol and DHEA hormones in the body. This promotes the management of stress-related issues.³ Magnolia and phellodendron work together by binding to stress hormone receptors in the nervous system to promote relaxation and feelings of well-being, yet do not attach to the benzodiazepine receptors associated with sedation and dependency.

A special benefit noted by many is reduced stress-related over-eating. James Lavalley, ND, RPh, CCN from The Living Longer Clinic in Cincinnati, OH studied the effects of these extracts on cortisol and DHEA levels as well as stress-related eating habits in over 500 people. Elevated first morning cortisol levels were lowered by 37% (over one-third!), and DHEA increased by 227% (more than doubling this helpful anabolic hormone). In addition, stress-related snacking on sweets, such as ice cream, cake, pie, and cookies was reduced by 76% in those individuals who reported they ate these foods under stress.

3. Perilla oil plus MCTs: PERQUE Adreno Distress Guard is micellized for maximum absorption and efficacy.* Perilla oil and MCTs provide a unique combination of energetically active essential oils that are also natural stress-reducing agents. Perilla oil comes from Perilla frutescens seeds. Perilla oil is rich in omega 3 fatty acid [alpha-linolenic acid (ALA)]. ALA stimulates repair and can be called anti-inflammatory on this basis. It also has cardioprotective effects by preventing arterial blood (platelet) clots and reducing overly active platelet aggregation^{4,5}. MCTs derived from raw palm fruit soak up cell acids and produce energy in the mitochondria. MCTs are easy to assimilate and metabolize in the body, especially important to those with delicate stomachs or who are rebuilding their digestion.

PERQUE's unique combination of the special forms of rhodiola and magnolia energized by Perilla and MCT oils delivers the first adrenal support product that works at the cellular level in the brain, gut, and the adrenal glands to more safely and effectively recharge the overly stressed or exhausted person.*

REFERENCES

1. Kelly, Gregory S. Rhodiola rosea: A Possible Plant Adaptogen. *Altern Med Rev* 2001;6(3): 293-302.
2. Experimental analysis of therapeutic properties of Rhodiola rosea herb and its possible application in medicine. *Medicina (Kaunas)* 2004; 40(7): 614-9.
3. Sufka KJ, et al. Anxiolytic properties of botanical extracts in the chick social separation-stress procedure. *Psychopharmacology (Berl)*. 2001 Jan 1;153(2):219-24.
4. Narisawa T, Fukaura Y, Yazawa K, et al. Colon cancer prevention with a small amount of dietary perilla oil high in alpha-linolenic acid in an animal model. *Cancer* 1994; 73:2069-2075.
5. Oh-hashi K, Takehashi T, Watanabe S. Possible mechanisms for the differential effects high linoleate safflower oil and high alphas-linolenate perilla oil diets on platelet-activating factor production by rat polymorphonuclear leukocytes. *J Lipid Mediat Cell Signal* 1997; 17:207-220.

THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Adreno Distress 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.

Full disclosure label (no hidden or inactive ingredients)

Directions: As a dietary supplement, take two (2) softgels daily or as directed by your health professional. Store below 70° F.

SUPPLEMENT FACTS

Serving size: 2 Softgels

Servings per container: 30 or 90

Energized Nutrients	Amount per serving	% Daily Value
Rhodiola (> 3% rosavins + > 1% salidroside)	300 mg.	*
Relora®^ (Magnolia officinalis + Phellodendron amurense**)	500 mg.	*
Perilla Oil	800 mg.	*
Medium Chain Triglycerides (MCTs from raw palm fruit)	250 mg.	*
Phosphatidylcholine	90 mg.	*
Beeswax	70 mg.	*
Gelatin	500 mg.	*
Water	20 mg.	*
Turmeric powder	12 mg.	*
Glycerin	12 mg.	*

* Daily value not established. **Relora® brand Magnolia officinalis and Phellodendron amurense (U.S. Patents 6582735 and 6814987)

^Relora® is a registered trademark of InterHealth, N.I.

Other Ingredients: None



Feel the **PERQUE** Difference!

*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.

PERQUE LLC Phone: 800.525.7372 Fax: 703.450.2995 Email: clientservices@PERQUE.com www.PERQUE.com