

**PERQUE®****Hair, Skin, & Nails Guard™****THICKER,  
GLOSSIER HAIR****MORE RADIANT,  
BEAUTIFUL SKIN****SHINIER,  
STRONGER NAILS****INCREASED HAIR  
AND NAIL GROWTH****WHY YOU NEED PERQUE HAIR, SKIN, & NAILS GUARD**

Created for you by our team of advanced nutritionists, biochemists, and physicians, **PERQUE Hair, Skin, & Nails Guard** reveals and accentuates your natural beauty. **PERQUE Hair, Skin, & Nails Guard** restores and strengthens your health from within for the fullest hair, most youthful skin and strongest nails. Feel and see the difference that maximum potency, purity and bioavailability can make. **PERQUE Hair, Skin, & Nails Guard** is the most active, complete and advanced nutrient complex to reveal your most radiant beauty.

**KEY INGREDIENTS FOR ADVANCED NUTRIENT SUPPORT****Biotin**

Biotin, like other B-complex vitamins, is a key ingredient in the proteins (collagen, elastin and keratin) that make up your hair, skin and nails. Each serving of **PERQUE Hair, Skin, & Nails Guard** provides a generous 2.5 mg of naturally sourced, fully-active biotin, in synergy with other key nutrients, to create the nutritional support you need for radiant hair, skin and nails. Each serving of **PERQUE Hair, Skin, & Nails Guard** helps to smooth and minimize skin lines and wrinkles; provide hair resilience, bounce and suppleness; and make hair and nails thick and strong.

**L-Lysine and Zinc**

L-lysine benefits your skin by playing a key role in elastin and collagen formation. It helps prevent wrinkles and repairs damage to your skin. Each serving of **PERQUE Hair, Skin, & Nails Guard** provides 200 mg of L-lysine, in combination with complementary nutrients—most importantly, zinc. Zinc, in tandem with L-lysine, combats acne and repairs and renews your skin to reveal a fresher complexion.

**ADDITIONAL 100% ALL-ACTIVE INGREDIENT FEATURES**

- **Calcium and vitamin D** support, to ensure well-balanced nutrition as the foundation for healthy hair, skin and nails.

*Feel the **PERQUE** Difference!*

- **Vitamins K1 and K2** to strengthen bones, and benefit all solid structures – tendons, ligaments, hair, nails and teeth.
- **200 mg of vitamin C** to help build collagen and provide essential antioxidant support. Antioxidants fight damage already done to skin.
- Comprehensive trace mineral support, including **silica, chromium, manganese, iodine, selenium and zinc**; trace minerals support general well being and the healthy appearance of hair, skin and nails.
- **Silica** is vital to collagen formation, and ensuring hair, skin and nails receive proper nutrient support.
- **Copper** helps to form strong, flexible connective tissues, and strong muscles, nerves and immune system.
- 100 mcg of **iodine** to fortify integumentary tissues weakened by hypothyroidism (underactive thyroid).

## REFERENCES

1. Cashman MW, Sloan SB. Nutrition and nail disease. *Clin Dermatol*, 2010 Jul-Aug;28(4):420-5.
2. Scheinfeld N, Dahdah MJ, Scher R. Vitamins and minerals: their role in nail health and disease. *J Drugs Dermatol*. 2007 Aug;6(8):782-7.
3. Singh BB, Udani J, Vinjamury SP, Der-Martirosian C, Gandhi S. Safety and effectiveness of an L-lysine, zinc, and herbal-based product on the treatment of facial and circumpolar Herpes. *Altern Med Rev*. 2005.

Full disclosure label (no hidden or inactive ingredients)

**Directions:** As a dietary supplement, take four (4) tabsules in divided doses with meals or as directed by your health professional.

## SUPPLEMENT FACTS

Serving size: 4 Tabsules  
Servings per container: 30

Energized Nutrients	Amount per serving	% Daily Value
Vitamin C (100% L-ascorbate, fully reduced, corn free)	200 mg.	222
Vitamin D3 (as cholecalciferol)	10 mcg.	50
Vitamin K-1 (as phylloquinone)	750 mcg.	625
Vitamin K-2	250 mcg.	208
Biotin	2.5 mg.	8,333
Calcium (as acetate, glycinate, succinate, malate, fumarate and citrate)	250 mg.	19
Magnesium (as acetate, glycinate, succinate, malate, fumarate and citrate)	500 mg.	119
Zinc (as citrate)	10 mg.	91
Manganese (as citrate)	11 mg.	478
Chromium (as citrate)	50 mcg.	143
Selenium (as L-selenomethionine)	250 mcg.	455
Copper (as sebecate)	1 mg.	111
Iodine	100 mcg.	67
Iodide (as potassium iodide)	150 mcg.	100
Strontium (as citrate)	50 mg.	*
Boron (as citrate)	6 mg.	*
Vanadium (as citrate)	50 mcg.	*
Silica (from Magnesium trisilicate from horse tail/Equisetum)	10 mg.	*
L-lysine	200 mg.	*
C16 and C18 alkyls <sup>†</sup>	360 mg.	*
Croscarmellose	200 mg.	*

<sup>†</sup>From whole untreated palm fruit and leaf

\*Daily value not established

Other Ingredients: None

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## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Hair, Skin, & Nails 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.



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.

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