



PERQUE®

PRODUCT CATALOG & RESOURCE GUIDE

VOLUME 2



Dear Colleagues:

PERQUE is an advanced nutritional company that produces a new generation of medically designed supplements with faster and proven results for your clients. Our nutraceuticals have been developed for people interested in improving and sustaining their health and quality of life. Working in clinical nutrition and biochemical immunology for over 30 years, the compelling need and important opportunities for a new generation of purer, higher quality, and more potent supplements became clear to me in 1985.

PERQUE's full line of unique and powerful supplements is the result of these years of advanced scientific research, clinical investigation, and medical practice. Beyond our patents on new and unique delivery systems, ingredient synergies, and new clinical applications for nutrients, **PERQUE** has been proven through a number of independent clinical outcome studies.

Contact **PERQUE's** experienced and dedicated Client Services Department at 800.525.7372 or visit our web site at www.PERQUE.com to find out how to incorporate **PERQUE** into your clinical practice.

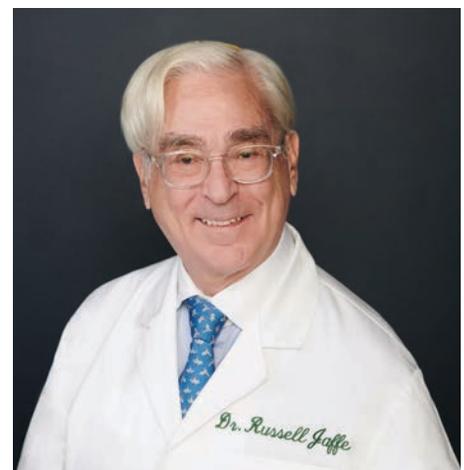
We are excited about your interest in **PERQUE** and look forward to working with you, your staff, and your clients every step of the way as your ally in the science and practice of healthful care.

Sincerely yours,



Russell M. Jaffe, MD, PhD,
CCN, FASCP, FACN, FACAIAI, NACB
Director, **PERQUE LLC**

Dr. Russell M. Jaffe, CEO and Chairman of **PERQUE Integrative Health (PIH)** is one of the pioneers of integrative and regenerative medicine. Since inventing the world's first single step ELISA procedure in 1984, a process for measuring and monitoring all delayed allergies, Dr. Jaffe has continually sought new ways to help speed the transition from our current healthcare system's symptom reactive model to a more functionally integrated, effective and compassionate system. PIH is the outcome of years of Dr. Jaffe's scientific research. It brings to market three decades of rethinking safer more effective, novel and proprietary dietary supplements, supplement delivery systems, diagnostic testing and validation studies.



Feel the **PERQUE**[®] Difference!

PERQUE has rethought supplement use not as a one size fits all solution but as a synergistic combination of evidence-based, 100% active ingredients that are designed to address personalized needs. We take a holistic approach to our formula design and consider the entire nutrient-absorption lifecycle from nutrient delivery systems, to digestion ease, to cellular uptake. This approach ensures that our formulas are designed with all of the essential nutrients, compounds, cofactors and chaperones that guarantee 100% bioavailability as proven in our double-blind placebo controlled clinical trials. **PERQUE** nutraceuticals are distinctive from the inside out.

The **PERQUE**[®] Guarantee



PERQUE products have been specifically formulated based on higher standards of quality listed below. When comparing other brands to **PERQUE**, you can prove **PERQUE's** superiority.

- All **PERQUE** products come with a 100% unconditional money-back guarantee – the strongest guarantee in the natural health industry.
- Every **PERQUE** product provides 100% potency and activity for its entire shelf life. **PERQUE** formulas are designed for exceptional delivery and stability.
- Only the exact delivery forms of nutrients shown in clinical studies to be effective are used in **PERQUE** formulas with NO substitutions.
- By using high precision control of temperature and pressure in the manufacturing process, **PERQUE** products, including tabsules, dissolve rapidly (15-20 minutes in the stomach), allowing superior uptake and rapid results as well as eliminating digestive irritation found with other brands.
- Full label disclosure is provided for all **PERQUE** products – no hidden or inactive ingredients.
- In order for a nutrient to be brought into your body, it must be transported. Every **PERQUE** product is activated with the same potent transporters that are used by nature and in food to ensure full bio-availability or 100% uptake.
- The biologically preferred form of an ingredient is always used to enhance activity, produce energy, and deliver direct results.
- All **PERQUE** products are allergen-free and contaminant-free, and do not contain citrus, MSG, wheat/ gluten, corn/zein/starch, dairy/casein/milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes) or preservatives.
- **PERQUE** products do not contain genetically modified organisms (GMOs).
- Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.

PERQUE[®]

+

ELISA/ACT[®]
Biotechnologies

=

PIH PERQUE
INTEGRATIVE
HEALTH

PERQUE (a **PERQUE Integrative Health** company) was founded in 1987 by Dr. Russell Jaffe. Using the latest scientific and medical knowledge available, Dr. Jaffe has developed a new generation of nutritional supplements available only through doctors and healthcare professionals.

ELISA/ACT Biotechnologies (a **PERQUE Integrative Health** company) is a pioneer in functional, evidence-based testing, helping practitioners solve clinical mysteries for more than 30 years. Exclusive providers of the **LRA by ELISA/ACT** test – with unmatched accuracy, precision and less than 3% day-to-day variance – we are the gold standard in delayed hypersensitivity testing.

PERQUE Integrative Health (PIH) is dedicated to speeding the transition from sickness care to healthful caring. Combining the best in functional, evidence-based testing with premium professional supplements and healthful lifestyle guides, PIH solutions deliver successful outcomes in even the toughest cases.



Table of Contents

PERQUE Products	6-35
Listing by Function	6
Listing Alphabetically with Key Ingredients	7
Detail by Functional Group	
Multivitamin/MultiMineral.....	8
Alkalinizing	12
Inflammation/Flavonoids	14
Detoxification	18
Bones/Joints/Hair, Skin & Nails.....	20
Digestive Health	23
Cardiovascular/Metabolic Syndrome/Stress	26
Men’s Health.....	30
Methylation	31
Anemia	32
Mood Balance/Sleep	33
The Well Guard System: Putting it all together.....	34
Protocols by Condition.....	35
Ascorbate (Vitamin C) C-Cleanse Protocol QUICK START	61
Ascorbate (Vitamin C) C-Cleanse Protocol.....	62
Detox Protocol.....	68
Practitioner Resources.....	69
Alakaline Way Chart.....	70
NOTES	72

Listing by Function

MULTIVITAMIN / MINERAL

PERQUE Life Guard™ 8
PERQUE Life Guard Mini™ 8
PERQUE Life Guard Chewables™ 10
PERQUE Energized Double Zinc Guard™ 11
PERQUE Zinc & Throat Guard Lozenges™ 11

ALKALINIZING

PERQUE Mg Plus Guard™ 12
PERQUE Choline Citrate™ 13
PERQUE pH Hydrion Papers™ 13
PERQUE pH Test Kit™ 13

INFLAMMATION / FLAVONOIDS

PERQUE Potent C Guard Powder™ 14
PERQUE Potent C Guard Tabsules™ 15
PERQUE Repair Guard™ 16
PERQUE Pain Guard Forté™ 17

DETOXIFICATION

PERQUE Detox IN Guard™ 18
PERQUE Liva Guard Forté™ 19
PERQUE Advanced Detox Program™ 19

BONES & JOINTS/HAIR,SKIN & NAILS

PERQUE Bone Guard Forté™ 20
PERQUE D3 Cell Guard™ 21
PERQUE Joint Guard™ 21
PERQUE Hair, Skin & Nails Guard™ 22

DIGESTIVE HEALTH

PERQUE Bitters formulation (coming soon) 23
PERQUE Endura/PAK Guard™ 23
PERQUE Digesta Guard Forté™ 24
PERQUE Transit Time Kit™ 24
PERQUE Regularity Guard™ 25

CARDIOVASCULAR / METABOLIC SYNDROME / STRESS

PERQUE Adreno Distress Guard™ 26
PERQUE Glucose Regulation Guard Forté™ 27
PERQUE Mito Guard™ 100 Plus..... 27
PERQUE Triple EFA Guard™ 28
PERQUE EPA/DHA Guard™ 28
PERQUE L-Carnitine Plus Guard™ 29

MEN'S HEALTH

PERQUE Prost8 Vitality Guard™ 30

METHYLATION

PERQUE Activated B-12 Guard™ 31
PERQUE Vessel Health Guard™ 31

ANEMIA

PERQUE Hematin Anemia Guard™ 32

MOOD BALANCE / SLEEP

PERQUE Mood Guard™ 32
PERQUE Sleep Guard™ 33



Listing Alphabetically with Key Ingredients

PERQUE ACTIVATED B-12 GUARD™ – Hydroxocobalamin	31
PERQUE ADRENO DISTRESS GUARD™ – Rhodiola, phellodendron, magnolia.....	26
PERQUE BITTERS Formulation (Coming Soon) – Dandelion, angelica, burdock	23
PERQUE BONE GUARD FORTÉ™ – Calcium, magnesium, boron, silica, Vitamins K1, K2, & D3	20
PERQUE CHOLINE CITRATE™ – Choline citrate.....	13
PERQUE D3 CELL GUARD™ (liquid) – Vitamin D3, Vitamins E.....	21
PERQUE DETOX IN GUARD™ – Amino acids/Elemental minerals	18
PERQUE DETOX PROGRAM™ – 4 products system	19
PERQUE DIGESTA GUARD FORTÉ™ – Live, energized probiotic organisms	24
PERQUE ENDURA/PAK GUARD™ – L-glutamine, PAK	23
PERQUE ENERGIZED DOUBLE ZINC GUARD™ – Zinc (elemental, picolinate, citrate)	11
PERQUE EPA/DHA GUARD™ – Marine lipid oil, EPA/DHA	28
PERQUE GLUCOSE REGULATION GUARD FORTÉ™ – Corosolic acid, chromium, French lilac, bitter melon, huckleberry	27
PERQUE HAIR, SKIN & NAILS GUARD™ – Lysine, biotin, and Vitamins D3, K1, and K2.....	22
PERQUE HEMATIN ANEMIA GUARD™ – Iron, folate, B-6, B-12.....	32
PERQUE JOINT GUARD™ – Glucosamine, chondroitin.....	21
PERQUE L-CARNITINE PLUS GUARD™ – L-carnitine fumarate, GABA, MCT	29
PERQUE LIFE GUARD™ – Super B, 40-nutrient multi vitamin and mineral support	8
PERQUE LIFE GUARD CHEWABLES™ – Super B, 24-nutrient multi vitamin and mineral support	10
PERQUE LIFE GUARD MINI™ – Super B, 40-nutrient multi vitamin and mineral support	8
PERQUE LIVA GUARD FORTÉ™ – Silymarin, Vitamins A, E and D3, selenium, CoQ10.....	19
PERQUE MG PLUS GUARD™ – Magnesium (3 forms).....	12
PERQUE MITO GUARD™ 100 PLUS – CoQ10, Vitamins E	27
PERQUE MOOD GUARD™ – L-methionine, glycine, L-aspartate	32
PERQUE PAIN GUARD FORTÉ™ – Quercetin dihydrate, OPC	17
PERQUE POTENT C GUARD TABS™ – L-ascorbate	15
PERQUE POTENT C GUARD POWDER™ – L-ascorbate.....	14
PERQUE PROST8 VITALITY GUARD™ – Saw palmetto, pygeum, lycopene, stinging nettle	30
PERQUE REGULARITY GUARD™ – Selenium, glucomannan, Beta-glucan.....	25
PERQUE REPAIR GUARD™ – Quercetin dihydrate, pomegranate juice, OPC	16
PERQUE SLEEP GUARD™ – L-tryptophan, magnesium , Vitamins B2 & B6.....	33
PERQUE TRIPLE EFA GUARD™ – Omega 3, 6, & 9.....	28
PERQUE VESSEL HEALTH GUARD™ – Vitamins B6 & B12, folate	31
PERQUE ZINC & THROAT GUARD LOZENGES™ – Zinc, echinacea, slippery elm	11

Multivitamin/Multimineral



PERQUE Life Guard™

#161 - 60 tabsules

#162 - 180 tabsules

PERQUE Life Guard mini™

#188 - 60 tabsules

#189 - 180 tabsules

Super B, 40-nutrient multivitamin
and mineral support
Multivitamin/Multimineral

PERQUE Life Guard and PERQUE Life Guard mini (Half the dose; half the size)*

For over 30 years, **PERQUE Life Guard and PERQUE Life Guard mini** super-multis have delivered 5 products in 1 to protect heart, body, and brain. The comprehensive, 40-nutrient, multi-vitamin and mineral supplement was proven in double-blind, placebo-controlled trial to deliver full label potency.*

- 14 vitamins in meaningful doses and in biologically preferred forms for optimal absorption.
- A rich source of natural vitamins E plus tocotrienols / policosanols.
- 10 fully ionized essential minerals plus 16 alkalizers and energizers to buffer your cells' acidic load.*
- Riboflavin coating locks in freshness.

NOTE: Healthy urine is bright sunshine yellow. We suggest taking enough **PERQUE Life Guard** (or mini) tabsules to maintain the bright sunshine yellow color all day long.

See protocols for additional recommendations.**

***This is a Foundation Supplement; part of every protocol.*

*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.

Multivitamin/Multimineral

PERQUE Life Guard Typical Dosage: Low stress, healthy: 1-2 tabsules/day; Moderate stress, unwell: 3-4 tabsules/day; High stress, training: 5-6 tabsules/day. Best if taken with meals.

PERQUE Life Guard Mini Typical Dosage: Low stress, healthy: 2-4 tabsules/day; Moderate stress, unwell: 6-8 tabsules/day; High stress, training: 10-12 tabsules/day. Best if taken with meals.

SUPPLEMENT FACTS		PERQUE Life Guard		PERQUE Life Guard Mini	
Serving size: 2 Tabsules Servings per container: 30 or 90		Amount per serving	% Daily Value	Amount per serving	% Daily Value
Energized Nutrients					
Vitamins:					
Vitamin A (beta-carotene)	3,000 mcg.RAE	334	1,500 mcg.RAE	167	
Vitamin C (100% l-ascorbate, fully reduced)	150 mg.	166	75 mg.	83	
Vitamin D3 (cholecalciferol)	10 mcg.	50	5 mcg.	25	
Vitamins E (from mixed natural tocopherols)**	134 mg.	894	67 mg.	447	
Vitamin K-1 (phylloquinone)	500 mcg.	416	250 mcg.	208	
Vitamin B-1 (thiamine HCl)	100 mg.	8,334	50 mg.	4,167	
Vitamin B-2 (riboflavin 81%; riboflavin 5'-phosphate 19%)	54 mg.	4,246	27.6 mg.	2,123	
Vitamin B-3 (niacin 25%; niacinamide 75 %)	100 mg.NE	626	50 mg.NE	313	
Vitamin B-5 (calcium d-pantothenate)	100 mg.	1000	50 mg.	500	
Vitamin B-6 (pyridoxine HCl 80%; pyridoxal 5'-phosphate 20%)	200 mg.	11,764	100 mg.	5,882	
Vitamin B-12 (hydroxocobalamin)	200 mcg.	8,334	100 mcg.	4,167	
Folate (calcium folinate 50%; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 50%)	680 mcg.DFE	170	340 mcg. DFE	85	
Biotin (pure crystalline)	500 mcg.	1666	250 mcg.	833	
Elemental Minerals:					
Potassium (as citrate)	99 mg.	2	49.5 mg.	1	
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate)	50 mg.	4	25 mg.	2	
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkylst)	100 mg.	24	50 mg.	12	
Zinc (as picolinate)	25 mg.	228	12.5 mg.	114	
Chromium (as picolinate)	200 mcg.	572	100 mcg.	286	
Manganese (as ascorbate)	15 mg.	652	7.5 mg.	326	
Molybdenum (as ascorbate)	100 mcg.	222	50 mcg.	111	
Selenium (as l-selenomethionine)	50 mcg.	90	25 mcg.	45	
Vanadium (as citrate)	100 mcg.	*	50 mcg.	*	
Boron (as ascorbate)	2 mg.	*	1 mg.	*	
Active Cofactors:					
PABA (para-aminobenzoic acid)	30 mg.	*	15 mg.	*	
Quercetin dihydrate (water-soluble bioflavonoid)	100 mg.	*	50 mg.	*	
L-aspartic acid (magnesium aspartate)	50 mg.	*	25 mg.	*	
Trimethylglycine (betaine HCl)	50 mg.	*	25 mg.	*	
Triacosanol (policosanol)	147 mcg.	*	73.6 mcg.	*	
Hexacosanol (policosanol)	73.5 mcg.	*	36.8 mcg.	*	
Octacosanol (policosanol)	911.4 mcg.	*	455.7 mcg.	*	
Citrate	59 mg.	*	29.5 mg.	*	
Fumarate	59 mg.	*	29.5 mg.	*	
Malate	59 mg.	*	29.5 mg.	*	
Succinate	59 mg.	*	29.5 mg.	*	
Vegetable fiber	228 mg.	*	114 mg.	*	
Croscarmellose	46 mg.	*	88 mg.	*	
Natural Vanilla	100 mg.	*	60 mg.	*	
Organic Sunflower Oil	2 mg.	*	10 mg.	*	
†From whole untreated palm leaf and fruit					
*Daily value not established					
**Vitamins E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used.					

Multivitamin/Multimineral

PERQUE Life Guard Chewables™ Super B, 24-nutrient multi vitamin and mineral support #304 - 90 chewables Multivitamin/Multimineral

The most complete chewable formula for children and adults to lower the risks associated with a poor diet and to build bone* 24 essential nutrients are an effective solution for advanced, yet gentle daily nutrient support. Delicious chewable sweetened with organic, whole cane juice and flavored with all-natural cherries and berries.*

- Does not include vitamin K-1 (for people on medications who need to avoid vitamin K)

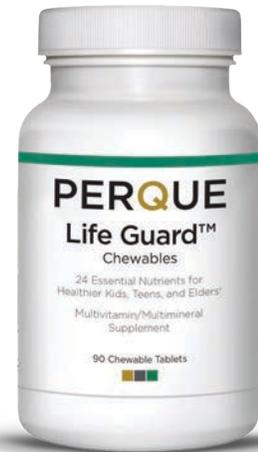
SUPPLEMENT FACTS

Serving size: 1 Chewable
Servings per container: 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamin A (beta-carotene)	1500 mcg RAE	167
Vitamin C (100% L-ascorbate, fully reduced, corn free).....	60 mg.	67
Vitamin D-3 (cholecalciferol)	5 mcg.	25
Vitamins E (from mixed natural tocopherols).....	20 mg.	133
Vitamin B-1 (thiamine HCl)	5 mg.	417
Vitamin B-2 (riboflavin).....	5 mg.	385
Vitamin B-3 (niacinamide).....	8 mg NE	50
Vitamin B-5 (calcium d-pantothenate).....	5 mg.	100
Vitamin B-6 (pyridoxine).....	5 mg.	294
Vitamin B-12 (hydroxocobalamin).....	5 mcg.	208
Biotin (pure crystalline).....	60 mcg.	200
Folate (as calcium folinate).....	400 mcg DFE	100
Calcium gluconate	50 mg.	4
Magnesium gluconate	25 mg.	6
Manganese (as gluconate).....	1 mg.	43
Zinc (as citrate and aspartate).....	5 mg.	45
Chromium (as picolinate and ascorbate).....	2 mcg.	6
Selenium (as selenomethionine).....	2 mcg.	4
Potassium gluconate	2 mg.	<1
Choline (citrate).....	2 mg.	<1
Inositol.....	2 mg.	*
PABA (para-aminobenzoic acid).....	0.5 mg.	*
Quercetin dihydrate (water-soluble bioflavonoid)	10 mg.	*
Silica (from equisetum botanical).....	500 mcg.	*
C16 and C18 alkyls from whole, untreated palm fruit and leaf	30 mg.	*
Mannitol	200 mg.	*
Organic, whole cane juice.....	875 mg.	*
100% Whole raspberry fruit extract	45 mg.	*
100% Whole cherry fruit extract	7 mg.	*

*Daily value not established

Other Ingredients: None

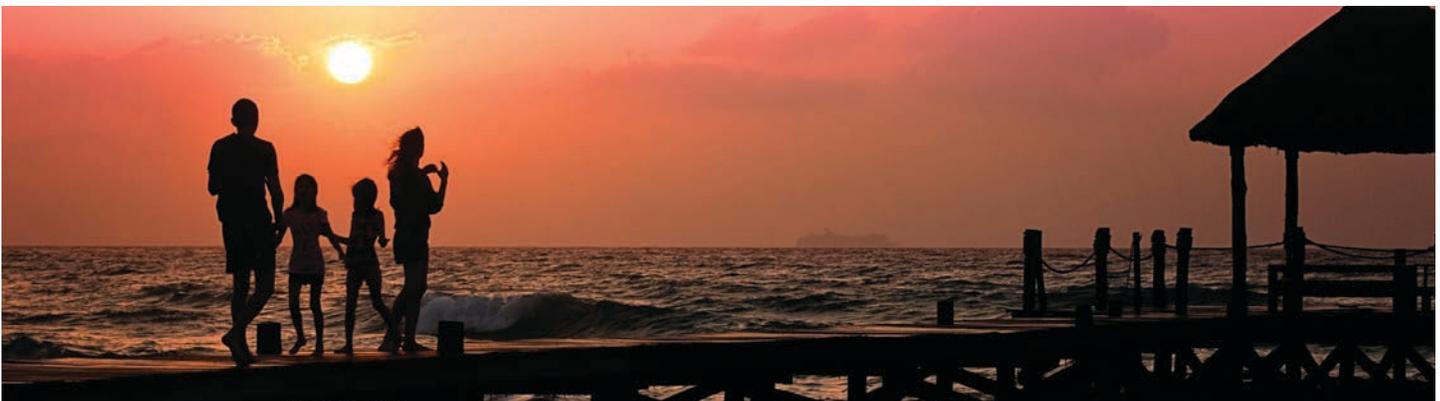


Typical Dosage: As a dietary supplement, take one (1) chewable daily or as directed by your health professional.

Note: For Children: Take one (1) **PERQUE Life Guard Chewable** for each 25 pounds of body weight per day. **For Adults:** Take one (1) to eight (8) **PERQUE Life Guard Chewables** per day.

Eight (8) **PERQUE Life Guard Chewables** equal the benefit of one (1) **PERQUE Life Guard** tablet.

See protocols for additional recommendations.



* 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.

Multivitamin/Multimineral

PERQUE Energized Double Zinc Guard™

#220 - 100 tabsules

Formulated with two powerful activated forms of zinc, **PERQUE Energized Double Zinc Guard** provides adequate zinc to impact over 300 enzyme reactions including those associated with immune defense and repair, growth, sexual function, and chemical detoxification.

- Blend of two ionized, fully soluble zinc sources citrate and picolinate, for optimum absorption and superior therapeutic function.
- Includes vitamin B-6 in its active form for increased absorption and utilization of zinc by every cell.

Zinc (Elemental, Picolinate, Citrate)
Multivitamin/Multimineral



SUPPLEMENT FACTS		
Serving size: 1 Tabsule		
Servings per container: 100		
Energized Nutrients	Amount per serving	% Daily Value
Zinc (as elemental, 50% picolinate/50% citrate).....	25 mg.	227
Pyridoxal-5-phosphate (as B-6)	3 mg.	176
Vegetable fiber (organic croscarmellose)	376 mg.	*
C16 and C18 alkyls from whole, untreated palm fruit and leaf	2 mg.	*
* Daily value not established		

Typical Dosage:
As a dietary supplement, take one (1) tabsule daily with food or as directed by your health professional.

See protocols for additional recommendations.

Other Ingredients: None

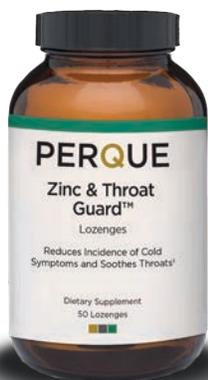
PERQUE Zinc & Throat Guard™

#300 - 50 lozenges

Offers a special blend of 3 fully soluble, energized zinc forms, and synergistic nutrients for maximum immune support.*

- A biocomplete, throat-soothing formula.*
- Provides adequate zinc to impact over 300 enzyme reactions including those associated with immune defense and repair.
- Helps ameliorate cold symptoms and soothes throats.
- Formulated with three activated forms of zinc including citrate, aspartate, and glycinate for direct absorption and potency.

Zinc, Echinacea, Slippery Elm
Multivitamin/Multimineral



Typical Dosage:
As a dietary supplement, dissolve one (1) lozenge in mouth or as directed by your health professional.

See protocols for additional recommendations.

SUPPLEMENT FACTS		
Serving Size: 1 Lozenge		
Servings per container: 50		
Energized Nutrients	Amount per serving	% Daily Value
Vitamin C (100% l-ascorbate, fully-reduced)	60 mg.	67
Zinc (as citrate, aspartate and glycinate)	15 mg.	136
Echinacea (Purpurea 4:1)	10 mg.	*
Slippery elm	25 mg.	*
OPC (Grape seed extract)	5 mg.	*
Sucanat® honey.....	236 mg.	*
Mannitol	200 mg.	*
100% Whole raspberry fruit extract	45 mg.	*
100% Whole cherry fruit extract	7 mg.	*
Vegetable fiber (organic croscarmellose).....	25 mg.	*
C16 & C18 alkyls¹	6 mg.	*
¹From whole, untreated palm fruit and leaf.		
*Daily value not established		

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Alkalinizing

PERQUE Choline Citrate™

#141 - 7.86 oz. bottle

Choline Citrate
Alkalinizing

The only product to combine choline and citrate, for superior physical performance, mental endurance, and efficient use of energy. Paired with **PERQUE MG Plus Guard**, the patented system overcomes blocked uptake and enhances magnesium absorption.

- Increase bile acid production in the liver for gall bladder support.*
- Improves energy levels, transport and metabolism of fats, and supports weight loss.*
- Patent number 8,017,160.

Typical Dosage: As a dietary supplement, take one (1) teaspoon in juice or water or as directed by your health professional.

See protocols for additional recommendations.**

***This is a Foundation Supplement.*

SUPPLEMENT FACTS

Serving size: 1 Teaspoon
Servings per container: 47

Energized Nutrients	Amount per serving	% Daily Value
Choline (as Choline Citrate)	650 mg.	118
Glycerin (vegetable)	1,300 mg.	*

*Daily value not established

Other Ingredients: None

pH Hydrion Papers

#142 - 50 tests



Testing first AM urine pH provides a good indicator of your body's mineral reserve and its acid/alkaline state. Use Hydrion™ pH test papers to test first morning urine collected after six (6) hours of rest. Remove and promptly compare with specimen colors on dispenser to determine corresponding pH. The target pH range is 6.5 to 7.5. (pH Hydrion Papers measure pH range of 5.5 – 8.)

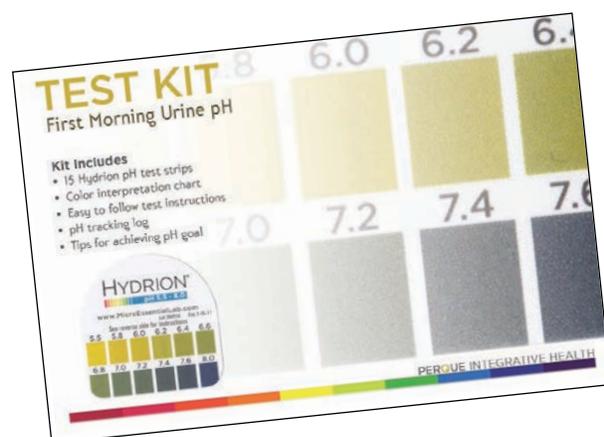
pH Test Kit

#510 - 15 tests

Measure First Morning Urine pH

Kit includes:

- 15 Hydrion pH test strips
- Color interpretation chart
- Easy to follow test instructions
- pH tracking log
- Tips for achieving pH goal



*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.



PERQUE Potent C Guard Powder™

#252 - 8 oz.; #253 - 16 oz.

L-ascorbate
Inflammation/Flavonoids

Antioxidant / Free Radical Trap

Scientific literature has confirmed Vitamin C's key role in: immune system function, collagen repair and formation, joint function, energy production, antioxidant protection and function, and detoxification. It is important to take the amount of ascorbate needed to keep an adequate supply in the cells. This can vary by person based on levels of distress, toxins, acute and delayed allergy reactions, and cell buffering/alkaline reserve.

- Top selling buffered L-ascorbate Vitamin C powder that is pH balanced, vegetarian, and allergen-free.
- Triple recrystallized under nitrogen to enhance potency.*
- Fast acting and sustained antioxidant potency.
- Effervescent and great tasting formulation.

Typical Dosage: As a dietary supplement, take one level half-teaspoon mixed with two (2) to four (4) ounces of liquid or as directed by your health professional. Wait for effervescence to stop before drinking. Use only dry measuring spoons. Keep tightly capped and moisture free. Individual ascorbate need can be determined by the Ascorbate Calibration protocol (Appendix 1) outlined on pages 28-31. Contact **PERQUE** Client Services for additional information.

See protocols for additional recommendations.**

**This is a Foundation Supplement; part of every protocol.

SUPPLEMENT FACTS

Serving size: 1 Level Half-Teaspoon
Servings per container: 112 or 224

Energized Nutrients	Amount per serving	% Daily Value
Vitamin C (as 100% L-ascorbates, fully reduced and buffered)	1,584 mg.	1,760
Potassium (as ascorbate)	99 mg.	2
Calcium (as ascorbate)	40 mg.	3
Magnesium (as ascorbate)	16 mg.	4
Zinc (as ascorbate)	600 mcg	5

* Daily value not established

PERQUE Potent C Guard Tabsules™

#138 - 100 tabs.; #139 - 250 tabs

L-ascorbate
Inflammation/Flavonoids

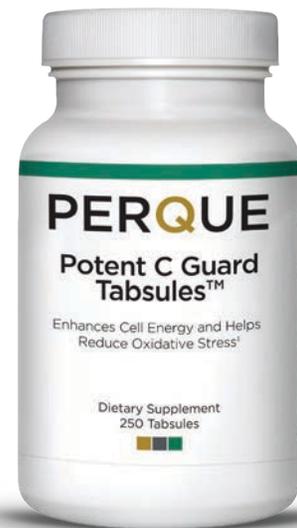
Buffered , reduced , L-ascorbate in a convenient tabsule; Antioxidant / Free Radical Trap

- Helps support immune system function, collagen repair and formation, joint function, energy production, antioxidant protection, and detoxification.*
- Used as a daily maintenance – cannot accomplish C calibration.
- Enhances hormone production and function.*
- Powerful personalized antioxidant protection.*
- Reduces tissue damage with fully buffered and reduced 100% L-ascorbate.*

Typical Dosage: As a dietary supplement, take three (3) tabsules daily or as directed by your health professional.

SUPPLEMENT FACTS		
Serving Size: 1 Tabsule		
Servings per container: 100 or 250		
Energized Nutrients	Amount per Serving	% Daily Value
Vitamin C (as 100% L-ascorbate, fully reduced and buffered)	1,000 mg	1,111
Calcium (as ascorbate)	111 mg	9
Octanoate	10 mg	*
C16 and C18 alkyls†	20 mg	*
Vegetable fiber (organic croscarmellose)	40 mg	*

†From whole, untreated palm fruit and leaf
*Daily value not established



See protocols for additional recommendations.

NOTE: To determine your optimal individualized dose of L-ascorbate, use the C Cleanse protocol, recommended by Dr. Jaffe and provided on pages 63-69 of this catalog.

Inflammation/Flavonoids



PERQUE Repair Guard™

#131 - 90 tabsules; #132- 180 tabsules

Quercetin dihydrate, pomegranate juice, OPC
Inflammation/Flavonoids

A unique flavonoid/flavanol combination with a high Oxygen Radical Absorbance Capacity (ORAC) value for inflammation support and superior antioxidant activity.

- Highest ORAC value (free-radical trapping).*
- Provides more prompt relief and repair.*
- Unique combination of flavonoid/flavanol protective antioxidants: Pomegranate juice, quercetin dihydrate and OPC (Grape Seed extract).
- Water soluble quercetin dihydrate and pomegranate juice powder deliver potent antioxidant and mitochondrial benefits.
- OPCs (oligomeric proanthocyanidins) provide cellular support and stress protection.
- Supports regular cell repair processes naturally providing healthy inflammatory balance.

SUPPLEMENT FACTS

Serving size: 1 Tabsule

Servings per container: 90 or 180

Energized Nutrients	Amount per serving	% Daily Value
Quercetin dihydrate	1,000 mg.	*
(water-soluble bioflavonoid)		
Pomegranate juice powder (high ORAC)	60 mg.	*
OPC (from ActiVin® grape seed extract)	10 mg.	*
Vegetable fiber (organic croscarmellose)	40 mg.	*
Chlorophyll	122 mcg.	*
Turmeric	4 mcg.	*
C16 and C18 alkyls†	5 mg.	*

†From whole, untreated palm fruit and leaf

* Daily value not established

Other Ingredients: None

Directions: As a dietary supplement, take one (1) tabsule with or without food up to four (4) times a day or as directed by your health professional.

Typical Dosage:

Mild condition: 1 tabsule daily

Moderate condition: 2-4 tabsules daily

Severe condition: 4-12 tabsules daily

See protocols for additional recommendations.

* 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.

Inflammation/Flavonoids

PERQUE Pain Guard™

#134 - 100 tabsules; #135 - 250 tabsules; #136 - 500 tabsules

Quercetin dihydrate, OPC
Inflammation/Flavonoids

Energizing Tissue Repair Complex

Inflammation means repair is blocked or incomplete. Instead of covering up the pain of inflammation, quercetin dihydrate and OPC support the mechanisms that resolve inflammation by effectively stimulating repair. Uniquely promotes pain relief by accurately targeting the causes of pain.

- Offers a natural alternative to traditional anti-inflammatory aids.*
- More effectively stimulates muscle and tissue building and promotes healthy cox-2 repair enzyme activity.*
- Promotes healing by activating the cells responsible for repair.*
- Reduces oxidative stress and improves comfort, naturally.*
- Formulated with quercetin dihydrate- a plant pigment that helps reduce allergic and inflammatory responses by promoting repair.



Typical Dosage: As a dietary supplement, take one (1) to four (4) tabsules with or without food up to four (4) times a day or as directed by your health professional.

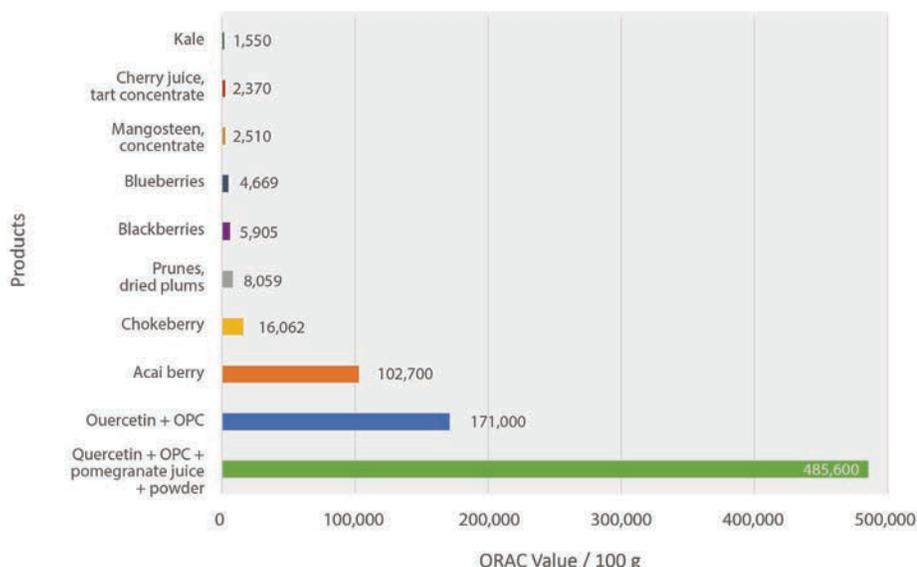
See protocols for additional recommendations.

SUPPLEMENT FACTS		
Serving size: 1 Tabsule		
Servings per container: 100, 250, or 500		
Energized Nutrients	Amount per serving	% Daily Value
Quercetin Dihydrate (water-soluble bioflavonoid)	500 mg.	*
OPC (from Activin® Grape Seed Extract)	5 mg.	*
Vegetable fiber (organic croscarmellose)	7.6 mg.	*
C16 and C18 alkyls†	3.5 mg.	*

†From whole, untreated palm fruit and leaf
*Daily value not established

Other Ingredients: None

Antioxidant-rich fruits & vegetables
ORAC Value / 100 g



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Detoxification



PERQUE Detox IN Guard™

#159 - 60 tabsules; #160 - 180 tabsules

Amino Acids/Elemental minerals
Detoxification

PERQUE Detox IN Guard has been used safely for 30 plus years as potent support for Phase I, Phase II, and Phase III detoxification. The unique combination of amino acids, lipotropic factors, and minerals effectively clear out the toxins accumulating in the nerve and immune system tissues and cells.*

- Neutralizes cellular acid, thereby protecting cells against deterioration.*
- Reduces the burden of hormone disrupters and helps remove lead, mercury, arsenic, and cadmium toxic minerals from the body.*
- Use alone or as part of the **PERQUE** Detox Protocol.

Directions: Take two (2) vegetable-coated tabsules daily 30-60 minutes before meals in divided doses or as directed by your health professional.

Typical Dosage:

Maintenance: 1-2 tabsules daily;
Weight training/moderate stress: 3-4 tabsules daily;
Maximum stress or chronic illness: 5-6 tabsules daily.
Best if taken 30 to 60 minutes before a meal.

Note: Occasionally, people have acquired a substantial toxic burden. Their detoxification cellular systems are in such disrepair that, as **PERQUE Detox IN Guard** starts to "clean house," the mobilized toxins may cause people to feel queasy.

To begin detoxification:

- Start slowly with just one (1) or one-half (1/2) tabsule of **PERQUE Detox IN Guard** per day.
- Double the dose every three (3) weeks or so.
- Drink at least eight (8) glasses of water daily and avoid caffeinated, sugared, and artificially sweetened beverages.

By slowly increasing the use of **PERQUE Detox IN Guard**, sustainable good health is more easily achieved.

SUPPLEMENT FACTS

Serving size: 2 Tabsules
Servings per container: 30 or 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamins:		
Vitamin C (l-ascorbate, corn-free, reduced).....	64 mg.	71
Vitamin C (from 150 mg of ascorbyl palmitate).....	60 mg.	67
Minerals (elemental):		
Calcium (as citrate, fumarate, malate, succinate).....	100 mg.	8
Magnesium (as citrate, fumarate, malate, succinate, aspartate, & C16 and C18 alkyls)	200 mg.	48
Lipotropics:		
Choline (citrate)	70 mg.	13
Inositol (pure crystalline)	250 mg.	*
Amino acids:		
Glycine.....	250 mg.	*
L-phenylalanine	100 mg.	*
L-methionine	150 mg.	*
L-cysteine HCL (anhydrous)	150 mg.	*
L-cystine	100 mg.	*
L-glutathione (99% reduced)	25 mg.	*
L-aspartate (magnesium aspartate)	26 mg.	*
Cofactors (Kreb's salts for energy):		
Citrate (calcium & magnesium)	144 mg.	*
Fumarate (calcium & magnesium)	144 mg.	*
Malate (calcium & magnesium)	144 mg.	*
Succinate (calcium & magnesium)	144 mg.	*
Vegetable Fiber (organic croscarmellose).....	96 mg.	*
Natural Vanilla	40 mg.	*

* Daily Value not established.

Other Ingredients: None



Kosher Parve

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Detoxification

PERQUE Liva Guard Forté™

#210 - 60 softgels; #211 - 120 softgels

Protect Liver from Free Radical Damage

Scientifically proven formulation protects liver from cell and tissue damage associated with environmental toxicity and urban living.* Gives the liver a needed boost for better detoxification, improved energy and healthier immune function.*

- Liver-protecting herb milk thistle is combined with synergistic antioxidants, such as CoQ10, mixed natural vitamins E and carotenoids, micellized for enhanced uptake for improved liver protection.*
- Provides Vitamin D3 for sustained liver health.*

Typical Dosage:

As a dietary supplement, take one (1) softgel daily or as directed by your health professional.

See protocols for additional recommendations.

Silymarin, Vitamins A, E and D3, Selenium, CoQ10 Detoxification

Full Disclosure Label (no hidden or inactive ingredients)

Directions: Take one (1) softgel daily or as directed by your health professional.

SUPPLEMENT FACTS

Serving size: 1 Softgel
Servings per container: 60 or 120

Energized Nutrients	Amount per serving	% Daily Value
Selenium (as l-selenomethionine)	50 mcg.	100
Zinc (as citrate)	5 mg.	41
Vitamin E (as mixed natural tocopherols)	73.7 mg.	1,100
Vitamin D3 (Cholecalciferol)	125 mcg.	1,250
Silymarin (silybin beta milk thistle)	100 mg.	*
Lycopene	85 mg.	*
L-Carnitine Fumarate	50 mg.	*
Coenzyme Q10 (micellized ubiquinone)	100 mg.	*
Mixed natural carotenoids (dunaliella)	11.2 mg.	*
Alpha carotene	2,250 mcg.	*
Beta carotene	7.4 mg.	*
Lutein	250 mcg.	*
Zeaxanthin	450 mcg.	*
Cryptoxanthin	550 mcg.	*
Vegetable glycerin	165 mg.	*
Medium Chain Triglycerides (raw palm oil)	500 mg.	*
Kosher gelatin	250 mg.	*
Yellow Beeswax	70 mg.	*
PC 35 (phosphatidyl choline & other phosphatides)	70 mg.	*
Annatto	9 mg.	*

*Daily value not established

Other Ingredients: None

PERQUE Detox Program

- Advanced full-body detoxification program
- Synergy of 4 key **PERQUE** products for complete multi-system detoxification
- Full disclosure ingredients - no hidden allergens!

PERQUE Detox Program includes the following products and doses:

PERQUE Detox IN Guard (Page 18): *1 tabsule in the morning and 1 tabsule in the evening.*

PERQUE Liva Guard Forté (Page 19): *1 softgel per day.*

PERQUE Potent C Guard (Page 14): *Individualized dose based on C-Calibration. Please see pages 63-69 for more information.*

PERQUE EPA/DHA Guard (Page 28): *1 softgel in the morning and 1 softgel in the evening.*

See Page 70 for the complete Detox Protocol.



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Bones & Joint / Hair, Skin & Nails



PERQUE Bone Guard Forté™

#218 - 100 tabsules; #219 - 240 tabsules

Nineteen uniquely balanced, energized, and alkalinizing vitamins and minerals neutralize metabolic acid to protect against bone mineral depletion.

- Enhances bone health and increase bone density.*
- Contains four distinct forms of fully soluble calcium and magnesium, plus boron, vitamin D3, and zinc.*
- Builds your bones or your money back.*

Typical Dosage:

Healthy bone maintenance: 2-4 tabsules/day
 Family or personal osteoporosis risk: 4-6 tabsules/day
 Repair or known osteoporosis: 6-8 tabsules/day

Note: If your patients' bone health, as measured by DEXA or equivalent bone density assessment, does not improve after two years of using **PERQUE Bone Guard Forté**, we will refund your money. In order to qualify for **PERQUE's** money-back guarantee, you must keep a log measuring your first morning pH, and take enough **PERQUE Bone Guard Forté** to keep your first morning pH in the 6.5-7.5 range. If you have difficulty reaching the specified pH range, add **PERQUE Mg Plus Guard** and **PERQUE Choline Citrate** to your supplement program. Pre- and post- scans must be provided.

See protocols for additional recommendations.

Calcium/Magnesium

Bone & Joints / Hair, Skin & Nails

SUPPLEMENT FACTS

Serving size: 4 Tabsules
 Servings per container: 25 or 60

19 Energized, bone-building Elemental Minerals and Nutrients**	Amount per serving	% Daily Value
Vitamin C (100% l-ascorbate, fully reduced, corn free)	200 mg.	330
Vitamin D-3 (as cholecalciferol)	10 mcg	100
Vitamin K-1 (as phyloquinone)	750 mcg	937
Vitamin K-2	250 mcg	312
Biotin	250 mcg	83
Calcium (as acetate, glycinate, succinate, malate, fumarate, and citrate)	500 mg.	50
Magnesium (as acetate, glycinate, succinate, malate, fumarate, citrate, and C16 & C18 alkyls†)	500 mg.	125
Zinc (as citrate)	10 mg.	100
Manganese (as citrate)	15 mg.	750
Chromium (as citrate)	250 mcg	208
Selenium (as 100% l-selenomethionine)	250 mcg	357
Copper (as sebecate)	1 mg.	50
Iodine	3 mg.	2000
Iodide (as potassium iodide)	150 mcg	100
Boron (as citrate)	6 mg.	*
Vanadium (as citrate)	250 mcg	*
Silica (from calcium silicate from horse tail/equisetum)	10 mg.	*
Strontium (as citrate)	50 mg.	*
Vegetable fiber (organic croscarmellose)	400 mg.	*

* Daily value not established

**All forms of the above minerals and nutrients are used in clinical bone studies with proven results.

†From whole, untreated palm fruit and leaf



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Bones & Joint / Hair, Skin & Nails

PERQUE D3 Cell Guard™

#147 - 30 ml bottle

PERQUE D3 Cell Guard provides valuable and complete health support for bones, brain, heart and immune system function.

- Medium Chain Triglycerides (MCT) used to enhance vitamin D uptake*
- Mixed natural tocopherols, ascorbyl palmitate, and rosemary extract protect the pure D3 (cholecalciferol)*

Typical Dosage:

As a dietary supplement, take one (1) drop per day or as directed by your health professional.

Note: Hold bottle at a 45 degree angle and drop directly on to spoon or toast. May be directly administered to others as appropriate.

See protocols for additional recommendations.

Vitamin D3/Vitamins E
Bone & Joints / Hair, Skin & Nails

SUPPLEMENT FACTS

Serving size: 1 drop (12.5 mcg.)
Servings per container: 850 drops

Energized Nutrients	Amount per serving	% Daily Value
Vitamin D3 (as cholecalciferol)	12.5 mcg.	62.5
Vitamins E (as mixed natural tocopherols)	7.3 mcg.	<1
Ascorbyl Palmitate	2 mcg.	*
MCT oil (medium chain triglycerides)	34 mg.	*
Rosemary Oil	0.33 mcg.	*

* Daily value not established

PERQUE Joint Guard™

#296 - 90 capsules; #297 - 180 capsules

Patented joint health formula delivers synergistic ingredients to help rebuild joint tissue and build type II collagen for quicker relief. Restores and renews joint tissue within weeks rather than many months.

- Helps improve and maintain joint comfort and range of motion.*
- Contains fully soluble nutrients, such as glucosamine KCl, glucosamine sulfate, chondroitin, and OPC flavanols, which help produce and renew cartilage and connective tissue.*
- U.S. Pat. No. 6,620,798.

Typical Dosage:

For relief of osteoarthritis, sports injuries to joints, and chronic inflammatory joint pain, take three (3) capsules twice daily until comfort is fully restored then three (3) capsules daily for maintenance or as directed by your health professional.

See protocols for additional recommendations.

Glucosamine/Chondroitin
Bone & Joints / Hair, Skin & Nails

SUPPLEMENT FACTS

Serving size: 3 Capsules
Servings per container: 30 or 60

Energized Nutrients	Amount per serving	% Daily Value
Molybdenum (as glycinate).....	52 mcg.	115
Glucosamine sulfate HCl.....	900 mg.	*
Glucosamine KCl.....	300 mg.	*
Chondroitin sulfate (active, soluble).....	225 mg.	*
OPC (from Activin® Grape Seed Extract).....	45 mg.	*
Kosher gelatin.....	351 mg.	*
C16 and C18 alkyls ¹	6 mg.	*
Vegetable fiber.....	367 mg.	*
(organic croscarmellose)		

¹From whole untreated palm fruit and leaf

*Daily value not established

Other Ingredients: None



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Bones & Joint / Hair, Skin & Nails



PERQUE Hair, Skin & Nails Guard™

#214 - 120 tabsules

Potent nutrients like lysine, biotin and zinc come together in this unique formulation to effectively repair and renew inside and out. Meets individual nutrient needs so hair, skin and nails reflect a more resilient you because outer beauty requires inner health.*

- 21 active, potent, protein-building nutrients that work synergistically to repair and renew inside and out.*
- Supports healthier keratin, elastin and collagen production.
- Unique formulation provides nutrients for stronger, thicker nails; lustrous, vibrant hair, smoother, softer skin.

Typical Dosage:

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

See protocols for additional recommendations.

K1, K2, Lysine, Biotin
Bone & Joints / Hair, Skin & Nails

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 phyloquinone)	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†	360 mg.	*
Croscarmellose	200 mg.	*

†From whole untreated palm fruit and leaf

*Daily value not established

Other Ingredients: None



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Coming soon... a PERQUE Bitters Formulation

Infused with dandelion, angelica, burdock extracts and more, to facilitate healthy stomach acid production, one of the first steps in the digestive process. Bitters — a vital digestive aid — can help with improved absorption of nutrients, support liver detoxification and provide an immune boosting function.

PERQUE Endura/PAK Guard™

#168 - 60 capsules; #169 - 180 capsules

L-glutamine, PAK
Digestive Health

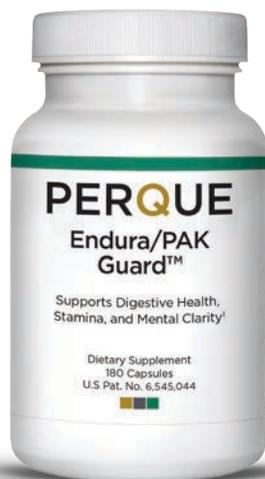
A patented formula that offers recycled glutamine for enhanced intestinal integrity, mental acuity and improved energy.

- Contains a unique combination of L-glutamine and pyridoxal alpha-ketoglutarate (PAK).*
- PAK recycles L-glutamine within the body and prevents L-glutamine from turning into glutamate, which is a neurotoxin.*
- A remarkable, energy-boosting formula to increase endurance, decrease fatigue, and support intestinal wall repair.*
- Enhances muscular stamina and mental sharpness.*
- U.S. Pat. No. 6,545,044.

Typical Dosage:

As a dietary supplement, take three (3) capsules on an empty stomach upon rising and three (3) capsules before bed or as directed by your health professional. Plus, take three (3) additional capsules prior to exercise.

See protocols for additional recommendations.



SUPPLEMENT FACTS

Serving size: 3 Capsules
Servings per container: 20 or 60

Energized Nutrients	Amount per serving	% Daily Value
L-glutamine (free form).....	1,500 mg.	*
PAK (pyridoxal alpha-ketoglutarate).....	500 mg.	*
Rice flour (organic).....	90 mg.	*
C16 and C18 alkyls†	13 mg.	*
Vegetable capsules	291 mg.	*

† From whole, untreated palm fruit and leaf

* Daily value not established

Other Ingredients: None

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Digestive Health

PERQUE Digesta Guard Forté 10™

#157 - 50 Capsules ; #158 - 150 Capsules

Alive, energized probiotic organisms
Digestive Health

This advanced probiotic formulation replaces bad bugs with ten beneficial probiotics, harvested at peak activity and lyophilized (put into stable, suspended animation) for maximum viability and potency when they implant into the digestive tract.*

- 7.5 billion peak-harvested per capsule support comprehensive intestinal health.
- Effectively rehabilitates the digestive system by restoring the body's healthy digestive organisms and clearing out the intestines, thereby warding off dietary toxins.*
- Protects the digestive tract even when under assault in turn defending against infection and ill health.

Typical Dosage:

As a dietary supplement, take one (1) to six (6) capsules daily or as directed by your health professional. Capsule may be opened and sprinkled on food.

Note: Color of product varies naturally from white to tan.



See protocols for additional recommendations.

SUPPLEMENT FACTS

Serving size: 1 Capsule
Servings per container: 50 or 150

Energized Nutrients	Amount per capsule	% Daily Value
Vitamin C (100% l-ascorbate, fully reduced, corn free)	2 mg.	2
Magnesium Aspartate	3 mg.	1
Alive, energized probiotic organisms	7.5 billion	*
B. bifidum	200 million	*
B. breve	200 million	*
B. longum	500 million	*
L. acidophilus	2100 million	*
L. casei	500 million	*
L. paracasei	500 million	*
L. plantarum	500 million	*
L. rhamnosus	500 million	*
Lc. lactis	2000 million	*
S. thermophilus	500 million	*
Maltodextrin (rice)	370 mg.	*
C16 and C18 alkyls from whole, untreated palm fruit and leaf	10 mg.	*
Vegetable capsule	75 mg.	*

* Daily value not established

Other Ingredients: None

Transit Time Kit

#513

Digestive transit time is the length of time from consumption to elimination. A healthy transit time is 12 - 18 hours.

Kit includes:

- 20 charcoal capsules
- Easy to follow instructions & interpretation guide
- Tips for achieving a healthy digestive transit time.



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Digestive Health

PERQUE Regularity Guard™

#192 - 16 oz. Powder

Selenium, glucomannan, oat fiber
Digestive Health

Unique combination of health promoting prebiotic fibers. Take in water or any beverage to bind toxins, accelerate their safer removal from the body and nourish the rapid growth of health, digestion-promoting bugs.

- Prebiotics: Beta glucan-rich, optimal soluble to insoluble pro-digestion fibers.*
- Healthy cholesterol levels naturally: Toxic sterols removed; healthy sterols stimulated...happier liver and gall bladder.*
- Better mental clarity: Eliminate neurotoxins; clear brain fog.*
- Promotes healthy microflora: Protection from intestinal pathogens and parasites.*
- Unprocessed fibers and synergistic ingredients help restore a healthier (12-18 hr) gut transit time.
- Improves overall digestive health, balances glucose levels, and lowers blood fats.
- Formulated from prebiotic fibers that nurture healthier probiotics, in turn defending from infection and promoting better health.



SUPPLEMENT FACTS

Serving size: 7 grams (1 scoop)
Servings per container: 64

Energized Nutrients	Amount per serving	% Daily Value
Selenium (as 100% l-selenomethionine)	125 mcg.	227
Gum acacia (standardized, wild-crafted gum arabic)	3.5 gm.	*
Glucomannan (freeze-dried)	2 gm.	*
Oat fiber (14% beta glucan; Oatwell 14®)	1 gm.	*
Dextran FOS (short-chain prebiotics)	500 mg.	*
OPC (Grape Seed Extract)	12.5 mg.	*
Phosphatides (includes phosphatidyl-choline, -ethanolamine, and -inositol)	36 mg.	*

*Daily value not established

Other Ingredients: None

Typical Dosage: As a dietary supplement, take 7 grams (1 scoop) in water or juice once daily or as directed by your health professional.

See Practitioner Resources for more information on the **PERQUE Transit Time Kit**. See protocols for additional recommendations.



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Cardiovascular / Metabolism / Stress



PERQUE Adreno Distress Guard™

#153 - 60 softgels; #154 - 180 softgels

This unique adrenal support formulation helps with stress hormone resilience and balance, healthy weight management, restorative sleep, memory, and energy - with no harmful stimulants (NO ephedra, amphetamines, guarana)*.

- Novel herbal combination micellized in healthy fats for superior bioavailability.*
- Rhodiola rosea callus; roseroot rhizome; > 3% rosavins + > 1% salidroside (Quantified by HPLC method) to recharge and re-energize.*
- Phellodendron amurense + magnolia concentrate to soothe and restore.*

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

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

See protocols for additional recommendations.

Rhodiola / phellodendron/magnolia
Cardiovascular/Metabolism/Stress

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

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Cardiovascular / Metabolism / Stress

PERQUE Glucose Regulation Guard Forté™

#184 - 90 softgels; #185 - 180 softgels

Novel trophorestorative formulation supports healthy blood glucose levels by naturally enhancing glucose transport activity. Sustainably and safely lowers weight, increases energy, and improves lean body mass.

- Features Corosolic acid, a powerful herbal extract and antioxidant proven to improve insulin function.*
- Includes French lilac to support healthy blood glucose levels by reducing insulin resistance.*
- Chromium and vanadium support efficient blood glucose control and helps increase lean body mass.
- Micellized in rice bran oil for enhanced uptake.

Typical Dosage: As a dietary supplement,

If Blood Glucose <120 or HgbA1C <5.7, take 1 softgel daily.

If Blood Glucose 121-150 or HgbA1C = 5.8-6.9, take 1 softgel in the morning and 1 in the evening.

If Blood Glucose 151-180 or HgbA1C = 7.0 - 7.9, take 2 softgels in the morning and 1 in the evening.

If Blood Glucose >180 or HgbA1C >8.0, take 2 softgels in the morning and 2 in the evening.

Corosolic acid, Chromium, French lilac,
Bitter melon, Huckleberry
Cardiovascular/Metabolism/Stress

SUPPLEMENT FACTS

Serving size: 2 Softgels
Servings per container: 45 or 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamin C (Ascorbate & Ascorbyl Palmitate)	3 mg	4
Riboflavin	6 mg	462
Chromium (as citrate)	250 mcg.	208
Vanadium (as ascorbate)	250 mcg.	*
Corosolic acid (standardized Banaba leaf)	50 mg.	*
French lilac (Galega officinalis)	150 mg.	*
Bitter melon/Marah (Momordica Charantia)	150 mg.	*
Huckleberry/Bilberry (Vaccinium myrtilus)	100 mg.	*
Agnus castus (Chaste tree berry)	250 mg.	*
Phosphatidylcholine	25 mg.	*
Rice Bran oil	903 mg.	*
Gamma oryzanol	10 mg.	*
Yellow Beeswax	34 mg.	*
Kosher gelatin	457 mg.	*
Glycerin (vegetable)	206 mg.	*
Chlorophyll	2 mg.	*

* Daily value not established

Other Ingredients: None

See protocols for additional recommendations.

PERQUE Mito Guard™ 100 Plus

#166 - 60 softgels

Formulated with powerful CoQ10 & tocopherol antioxidants that fuel the heart with energy, support repair and are essential for healthier heart function.

- Provides pure ubiquinone CoQ10 micellized into tiny droplets for maximum absorption.
- Enhances cellular energy production and increases healing and repair and reduces free radical damage.*
- Contains mixed natural tocopherols and gamma oryzanol for added benefit.*

Typical Dosage:

As a dietary supplement, take one (1) softgel daily with food or as directed by your health professional.

See protocols for additional recommendations.

CoQ10, Vitamins E

Cardiovascular/Metabolism/Stress

SUPPLEMENT FACTS

Serving size: 1 Softgel capsule
Servings per container: 60

Energized Nutrients	Amount per capsule	% Daily Value
Vitamin A (beta carotene) (from pure palm fruit carotenoid oil)	1,380 mcg RAE	153
Vitamins E ¹ (from mixed natural tocopherols)	67 mg.	447
Pure Coenzyme Q10 (soluble ubiquinone)	100 mg.	*
Rice Bran oil	184 mg.	*
Gamma oryzanol	2,208 mcg.	*
Kosher gelatin	118 mg.	*
Glycerin (vegetable)	54 mg.	*
Yellow Beeswax	34 mg.	*
Annatto	9 mg.	*
Turmeric powder	2 mg.	*
Water	30 mg.	*

¹Vitamins E stated to reinforce that we use the alpha, beta, gamma & delta forms of the natural tocopherols.

*Daily value not established

* 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.

Cardiovascular / Metabolism / Stress

PERQUE Triple EFA Guard™

#145 - 60 softgels; #146 - 120 softgels

Omega 3, 6, 9

Cardiovascular/Metabolism/Stress

Contains clinically proven better balance (4:1) of omega 3 to omega 6 essential fatty acids (EFAs), plus omega 9 EFA.*

- Offers the most potent docosahexaenoic acid (DHA) and conjugated linoleic acid (CLA) combination.*
- Synergistic combination of Omega 3,6 & 9 fats that help improve blood vessel function for better heart and brain resilience.
- Supports healthier brain, heart, neurohormonal, and immune activity.
- Uses purer oils that are nitrogen distilled to prevent oxidization and rancidity damage.

Typical Dosage: As a dietary supplement, take one (1) softgel, one (1) to four (4) times daily with meals or as directed by your health professional.

SUPPLEMENT FACTS		
Serving size: 1 Softgel		
Servings per container: 60 or 120		
Energized Nutrients	Amount per serving	% Daily Value
Vitamin E (mixed natural tocopherols).....	3.4 mg.	17
Omega 3	Total 405 mg.	
ALA (Alpha Linolenic Acid).....	335 mg.	*
DHA (Docosahexaenoic Acid).....	50 mg.	*
EPA (Eicosapentaenoic Acid).....	20 mg.	*
Omega 6	Total 100 mg.	
LA (Linoleic Acid).....	85 mg.	*
GLA (Gamma Linolenic Acid).....	15 mg.	*
Omega 9		
OA (Oleic Acid).....	20 mg.	*
CLA (Conjugated linoleic acid).....	150 mg.	*
Sterols (phytosterols).....	1.5 mg.	*
Sources & Ingredients		
Organic flax seed oil.....	541 mg.	*
Organic olive oil (extra virgin).....	218 mg.	*
Organic safflower oil (80% CLA).....	198 mg.	*
Sunflower lecithin.....	21.4 mg.	*
Phosphatidylcholine.....	3.2 mg.	*
Phosphatidylethanolamine.....	1 mg.	*
Phosphatidylinositol.....	2.6 mg.	*
Marine lipids (distilled).....	127 mg.	*
Black currant oil (15% GLA).....	104 mg.	*
Ascorbyl palmitate.....	1 mg.	*

*Daily value not established

Other Ingredients: Gelatin shell (bovine gelatin (kosher), glycerin, carob flavonoid extract, purified water)

PERQUE EPA/DHA Guard™

#150 - 60 softgels; #151 - 120 softgels

Marine lipid oil, EPA/DHA

Cardiovascular/Metabolism/Stress

This synergistic combination of Omega-3 essential fatty acids helps improve brain and body health by countering unhealthy Omega 6 inflammatory fats. The high dose EPA and DHA help remove plaque build-up in the heart and improve brain cell communication.

- High dose EPA (Eicosapentaenoate) 660 mg. + DHA (Docosahexaenoate) 500 mg.*
- Sourced from purer deep-sea fish.
- Distilled and nitrogen purged to prevent oxidization and rancidity – never “fishy”

Typical Dosage:

As a dietary supplement, take two (2) softgels daily or as directed by your health professional.

See protocols for additional recommendations.

SUPPLEMENT FACTS		
Serving size: 2 Softgels		
Servings per container: 30 or 60		
Energized Nutrients	Amount per serving	% Daily Value
Marine Lipid Oil.....	1 650 mg.	*
EPA (Eicosapentaenoic acid).....	660 mg.	*
DHA (Docosahexaenoic acid).....	500 mg.	*
Lemon Oil.....	40 mg.	*

*Daily value not established

Ingredients: Marine lipid oil, Lemon flavor oil, gelatin shell (bovine gelatin, glycerin, water)

*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.

Cardiovascular / Metabolism / Stress



PERQUE L-Carnitine Plus Guard™

#176 - 60 Softgels; #177 - 150 Softgels

L-Carnitine Fumarate/GABA /MCT
Cardiovascular/Metabolism/Stress

Formulated with L-carnitine, GABA, and kelp in MCT to give the interactive keys to robust cell energy. This formula is particularly important if you want enhanced vitality, need help metabolizing fatty foods, eat on the go, drink alcohol and/or consume sugary/artificially sweetened beverages.

- Contains 100% L-carnitine, essential for proper fat burning and metabolism. Carnitine deficit can lead to build up of fat in the body and impaired detoxification of fat-soluble toxins like pesticides and solvents.*
- Offers GABA, an important nerve communication molecule (neurotransmitter) that keeps the gut nervous system calmer through prevention of nerve irritability commonly associated with active fat burning. It also helps build growth hormone for additional fat burning and lean muscle mass building.*
- Includes MCT (medium chain triglycerides), which enhances carnitine and GABA uptake as well as alkalinizes cells and enhances fat metabolism.*
- Contains kelp (sea vegetable), which is an excellent source of biological iodine for better thyroid hormone production and function.*

Typical Dosage:

Typical Dosage As a dietary supplement, take two (2) softgels one (1) to four (4) times a day or as directed by your health professional.

May be taken with or without food.

See protocols for additional recommendations.

SUPPLEMENT FACTS

Serving size: 2 Softgels
Servings per container: 30 or 75

Energized Nutrients	Amount per serving	% Daily Value
L-carnitine..... (from 862 mg. of L-carnitine fumarate)	500 mg.	*
Gamma aminobutyric acid (GABA)	200 mg.	*
Alginate (kelp extract)	40 mg.	*
Phosphatidylcholine, inositol, ethanolamine.....	400 mg.	*
Medium Chain Triglycerides..... (MCTs from raw palm fruit)	400 mg.	*
Yellow beeswax	50 mg.	*
Kosher gelatin	500 mg.	*
Glycerin (vegetable)	60 mg.	*
Water.....	20 mg.	*
Turmeric powder.....	12 mg.	*
Maltitol.....	70 mg.	*

* Daily value not established

Other Ingredients: None

* 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.

PERQUE Prost8 Vitality Guard™

#295 - 100 softgels

Saw Palmetto, Pygeum, Lycopene, Stinging Nettle
Men's Health

This formula provides potent, natural support for prostate function and is an essential supplement for any man over age 40.

- Combines scientifically validated, synergistic herbs and nutrients that bring results in just a few days.*
- Supports healthy testosterone and other male hormones naturally.
- Healthier bladder function – sleep better with fewer trips to the bathroom in just weeks.
- Formulated with saw palmetto berry extract – proven in clinical trials to neutralize harmful testosterone metabolites.

Typical Dosage: As a dietary supplement, take four (4) softgels daily with meals or as directed by your health professional.

Note: Many clinicians find that because of the synergy of the forms in **PERQUE Prost8 Vitality Guard**, three (3) softgels may be sufficient.

See protocols for additional recommendations.

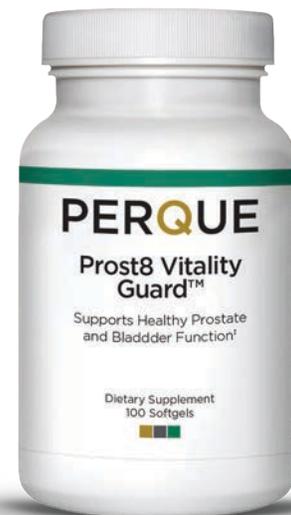
SUPPLEMENT FACTS

Serving size: 4 Softgels

Servings per container: 25

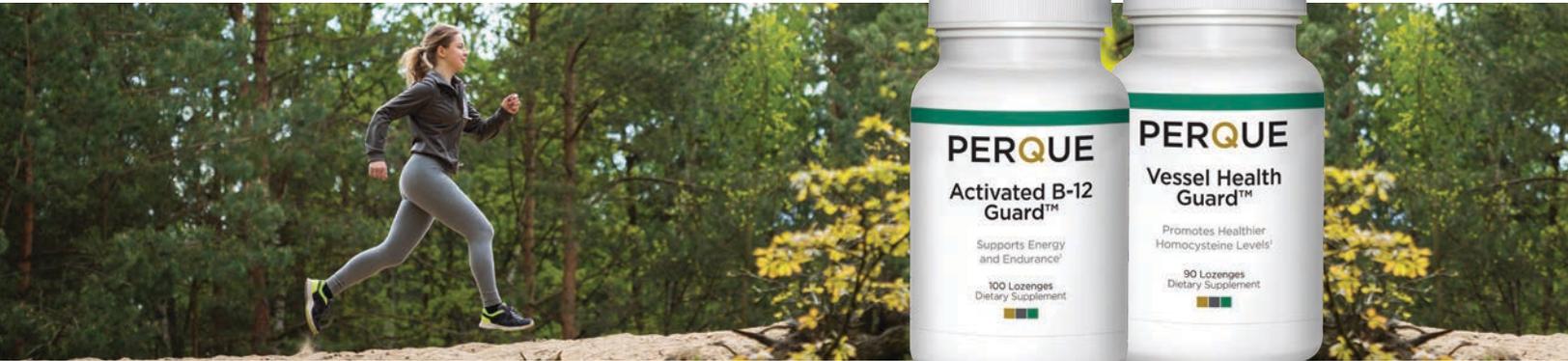
Energized Nutrients	Amount per serving	% Daily Value
Vitamin A (Beta-Carotene)	2000 mcg.RAE	222
Vitamin C (from 10 mg Ascorbyl palmitate)	4 mg.	4
Zinc (picolinate)	20 mg.	182
Selenium (l-selenomethionine)	200 mcg.	364
Serenoa repens (saw palmetto - 85%-95% energized fatty acids)	320 mg.	*
Lycopene (pure, free, bioactive)	12 mg.	*
Pygeum africanum (extract) (pygeum - 13-14% beta sitosterols)	120 mg.	*
Urtica dioica root (stinging nettle)	40 mg.	*
Pumpkin seed oil	665 mg.	*
Palmitic	613 mcg.	
Stearic	307 mcg.	
Oleic	1,481 mcg.	
Linoleic (essential fatty acid)	2,963 mcg.	
Linolenic (essential fatty acid)	53 mcg.	
Glycerin (vegetable)	233 mg.	*
Carob extract	72 mg.	*
Lecithin (rice)	29 mg.	*
Beeswax	72 mg.	*
Kosher gelatin	418 mg.	*
Water (deionized, pure)	369 mg.	*

* Daily value not established



*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.

Methylation



PERQUE Activated B-12 Guard™

#280 - 100 lozenges

PERQUE Activated B-12 Guard delivers B-12 in its preferred hydroxocobalamin form, which has the longest half-life of any form, and effectively raises B-12 concentrations.*

- In lozenge form for maximum uptake and optimal delivery of B-12 to the brain.*
- Stimulates the body's utilization of proteins, fats, and carbohydrates to support energy and endurance.
- Supports healthier SAMe levels and strengthens the gut/brain connection.*

Typical Dosage: As a dietary supplement, take one (1) lozenge daily or as directed by your health professional. Place lozenge under tongue and let dissolve before swallowing.

Additional Information: <https://bit.ly/hydroxo>

Hydroxocobalamin
Methylation

SUPPLEMENT FACTS		
Serving Size: 1 Lozenge		
Servings per container: 100		
Energized Nutrients	Amount per serving	% Daily Value
B-12 (as hydroxocobalamin)	2,000 mcg.	83,333
Mannitol	295 mg.	*
Organic, whole cane juice	1 mg.	*
100% Whole cherry fruit extract	3.5 mg.	*
Raspberry flavor	8.5 mg.	*
Vegetable fiber (Croscarmellose)	25 mg.	*
C16 and C18 alkyls†	3.5 mg.	*

†From whole, untreated palm fruit and leaf
* Daily value not established

Other Ingredients: None

PERQUE Vessel Health Guard™

#282 - 90 lozenges

A lozenge with the appropriate nutrients for methylation support and homocysteine support.

- Unique combination of B-6, B-12, folate, and magnesium (ascorbate) for greater uptake and action.*
- Healthier homocysteine levels to maintain healthier blood vessels and blood pressure.
- Formulated as a lozenge for rapid uptake and quicker results.

Typical Dosage:

As a dietary supplement, take one (1) lozenge, one(1) to six (6) times daily or as directed by your health professional. Place lozenge under tongue and let dissolve before swallowing.

B6, B12, Folate
Methylation

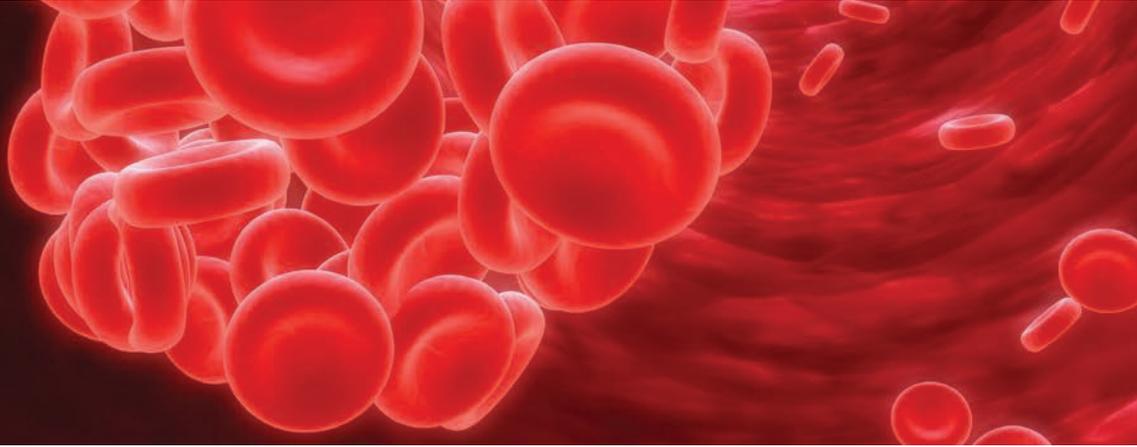
SUPPLEMENT FACTS		
Serving size: 1 Lozenge		
Servings per container: 90		
Energized Nutrients	Amount per serving	% Daily Value
Vitamin B-6 (pyridoxine)	10 mg.	588
Folate (as calcium folinate - 2500 mcg)	4250 mcg. DFE	1,063
Vitamin B-12 (hydroxocobalamin)	2 mg.	83,333
Magnesium ascorbate	30 mg.	7
Mannitol	181 mg.	*
Xylitol	20 mg.	*
100% Whole cherry fruit extract	6 mg.	*
Raspberry flavor	7 mg.	*
Organic, whole cane juice	5 mg	*
C16 and C18 alkyls†	3 mg.	*
Croscarmellose	19.5 mg.	*

†From whole, untreated palm fruit and leaf *Daily value not established

Other Ingredients: None

*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.

Anemia



PERQUE Hematin Anemia Guard™

#225 - 100 tabsules

Iron, Folate, B-6, B-12
Anemia

A powerful multi-nutrient formulation. Builds a healthy supply of blood cells and supplies blood-building transport and activating nutrients for optimal organ function and overall good health.

- Helps 97% of all anemias with bone marrow failure as the only exception.*
- Delivers iron as aspartate, fully ionized, reduced, and fully soluble for 100% uptake and bioavailability.*
- Does not cause intestinal irritation compared to other forms of iron.*

Typical Dosage: As a dietary supplement, take one (1) tabsule daily with food or as directed by your health professional.

See protocols for additional recommendations.

SUPPLEMENT FACTS

Serving Size: 1 Tabsule
Servings per container: 100

Energized Nutrients	Amount per serving	% Daily Value
Vitamin C (as 100% l-ascorbate, fully reduced and buffered, corn free)	100 mg.	111
Folate (as calcium folinate).....	680 mcg. DFE	170
Niacin (as Inositol Hexanicofinate)	20 mg. NE	125
Vitamin B-6 (pyridoxine HCl)	5 mg.	294
Vitamin B-12 (hydroxocobalamin)	100 mcg.	4,167
Iron (as ionized ferrous aspartate).....	25 mg.	139
Copper (as ionized cuprous aspartate).....	1.5 mg.	167
C16 and C18 alkyls†	5 mg.	*
Vegetable fiber (organic croscarmellose).....	269 mg.	*

†From whole, untreated palm fruit and leaf

* Daily value not established

Other Ingredients: None

Mood Balance / Sleep



* 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.

Mood Balance / Sleep

PERQUE Mood Guard™

#256 - 100 capsules

L-methionine, glycine, L-aspartate
Mood Balance/Sleep

Rather than SAME, St. John's Wort, or SSRIs, try a natural alternative to prescription drugs with this synergy of essential nutrients necessary for mental and emotional stability. L-methionine is key to maintaining clear detoxification pathways in the liver and brain. In the liver, L-methionine acts to chelate heavy metals which contribute to mental and emotional disorders.

- Contains free form, active amino acids that support the elimination of chemicals and toxic build-up.*
- Clinically superior to SAM-e with three natural mood enhancers; allows the body to make SAM-e as needed for better results.*
- Calms and detoxifies the nervous system.*
- Supports mental and emotional stability.
- Formulated with neurotransmitters like glycine that help sleep regulation.

Typical Dosage: As a dietary supplement, take two (2) capsules on an empty stomach upon rising and two (2) capsules before bed or as directed by your health professional.

See protocols for additional recommendations.



SUPPLEMENT FACTS

Serving size: 2 Capsules
Servings per container: 50

Energized Nutrients	Amount per serving	% Daily Value
Magnesium (as aspartate & C16 and C18 alkyls†)	25 mg.	6
L-methionine (free)	500 mg.	*
Glycine (free)	500 mg.	*
L-aspartate (as magnesium)	500 mg.	*
Vegetable fiber (organic croscarmellose)	100 mg.	*
Kosher gelatin capsules	234 mg.	*

†From whole, untreated palm fruit and leaf
*Daily value not established

Other Ingredients: None

PERQUE Sleep Guard™

#259 - 90 capsules; #260 - 180 capsules

L-tryptophan, Mg, B6
Mood Balance/Sleep

Pure L-tryptophan formulation with vitamins B2 and B6 for enhanced uptake and function, results in restorative sleep with health restoring sleep rhythms, and better brain activity, mood and energy.

- Healthier REM deep sleep rhythms.*
- Neurohormonal balance.*
- Premenstrual and perimenopausal hormone balance.*
- Improves levels of the neurotransmitter serotonin naturally.
- Can be used synergistically with **PERQUE Mood Guard™**.

Typical Dosage: As a dietary supplement, take one (1) capsule daily about 30 minutes before bedtime with water or fruit juice or directed by your health professional.

See protocols for additional recommendations.

SUPPLEMENT FACTS

Serving size: 1 Vegetable Capsule
Servings per container: 90 or 180

Energized Nutrients	Amount per serving	% Daily Value
Riboflavin (as Riboflavin 5'-Phosphate)	3 mg	231
Vitamin B-6 (as Pyridoxal 5'-Phosphate)	3 mg	176
L-Tryptophan	500 mg	*
Silica (Equisetum botanical)	4 mg	*
Croscarmellose	3 mg	*
C16 & C18 alkyls†	5 mg	*
Vegetable Capsule	120 mg	*

†From whole untreated palm fruit and leaf
*Daily value not established

Other Ingredients: None

The Well Guard™ System

PUTTING IT ALL TOGETHER: PERQUE INTEGRATIVE HEALTH WELL GUARD SYSTEM®

PERQUE Integrative Health is the beautiful marriage of **PERQUE** nutraceuticals and **ELISA/ACT Biotechnologies**...home of the **LRA by ELISA/ACT** test and the **gold standard** in food and chemical sensitivity testing.

We've put it all together so you don't have to. Follow the **PERQUE Integrative Health** Well Guard system to reduce immune burden, predict quality of life using specific biomarkers, detoxify, repair, and rebuild gut health and restore immune tolerance. Our proven, comprehensive program consists of the following steps:

Step 1: Determine your health status with specific biomarkers:

- a. **LRA by ELISA/ACT**® food and chemical sensitivity test
- b. High-Sensitivity C-Reactive Protein (hsCRP)
- c. Homocysteine
- d. Hemoglobin A1c (Hgb A1c)
- e. Omega 3 Index (Omega 3:6 ratio)
- g. Vitamin D 25 OH total (D2, D3)
- h. DNA Oxidative Stress 8-OHdG

Step 2: Begin reducing immune burden by substituting for reactive items identified by the **LRA by ELISA/ACT** food & chemical sensitivity test.

Step 3: Complete a multi-system detoxification.

Step 4: Begin YOUR personalized **PERQUE** supplement regimen based on your biomarker testing, Health Assessment Questionnaire (HAQ; standard with every LRA test), and home self-tests of pH balance and digestive transit time.

Step 5: Explore and incorporate lifestyle changes and education – The Alkaline Way. www.AlkalineWay.com

The **PERQUE** Well Guard system makes it easy to create your signature program with individualized supplement plans for every client. Follow this innovative program and becoming a certified Well Guard Practitioner will allow you to confidently support and empower your client in their health journey.

Please visit wellguardprogram.com to learn more and become a certified Well Guard Practitioner.





Protocols by Condition

Whether you use our proven Well Guard System or want to create your own signature program, we provide you with the tools for individualized, targeted supplementation, and food and lifestyle choices that empower your clients to repair and restore resilience.

The following pages (38-62) contain the recommended supplementation protocols for various conditions that you will encounter in your practice, as well as for repairing and restoring the body when various biomarkers are not at goal value.

The supplements presented in **GREEN** on each page are essential. The supplements at the end of each list in **GRAY** are additionally clinically supportive.

Table of Contents: Protocols by Condition

Metabolic Syndrome / Insulin Resistance / Pre-Diabetes / Type 2 Diabetes.....	37
Adrenal Health / Chronic Fatigue ('Cushingoid or Addisonian')	38
Fibromyalgia (Muscle Pain).....	39
Heart and Vascular Health.....	40
Cold and Flu	41
Stress / Distress	42
Liver Health / Hepatitis Risk (A, B, C, D, Chemical or Risk).....	43
Men's Health (40+)	44
Women's Health (40+)	45
Healthy Lean Weight.....	46
Fitness Enhancement / Exercise Strain / Accident Response	47
Inflammation / Repair.....	48
Digestive Health	49
Bone Health: Osteoporosis or Osteopenia Risk.....	50
Joint Health / Sports Injury to Joints.....	51
Lung Health.....	52
Eye Health Protocol	53
Healthy Blood Pressure Protocol	54

Protocols for Predictive Biomarker Test Values Not at Goal

Hemoglobin A1c (Hgb A1c) >5%	55
High-Sensitivity C-Reactive Protein (hsCRP) >0.5 mg/L.....	56
Homocysteine >6 µmol/L	57
Omega 3 index <8% / 8-OHdG >5 ng/mg creatinine	58
Vitamin D <50 ng/mL.....	59
First morning pH <6.5 or >7.5.....	60

Metabolic Syndrome/Insulin Resistance/ Pre-Diabetes/Type 2 Diabetes

Dosage

(To be taken with food
unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Glucose Regulation Guard Forté™

Regulate based on blood sugar (see label) to keep Hgb A1C <5%

4-8/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4-8/day

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-30/day

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

2-4/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

PERQUE L-Carnitine Plus Guard™

100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins

8/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Adrenal Health / Chronic Fatigue (‘Cushingoid or Addisonian’)

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-60/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp.

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

2-12/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

2-4/day

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

*Dose based on “C- Calibration” or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Fibromyalgia (Muscle Pain)

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-60/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp.

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

2-4/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

2-4/day

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Heart and Vascular Health

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

2-4/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp.

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Energized Double Zinc Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

1-4/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

PERQUE L-Carnitine Plus Guard™

100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins

8/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Cold and Flu*

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

**

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Zinc & Throat Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

Dissolve 1 lozenge in mouth every 2 hours as needed

PERQUE Energized Double Zinc Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

1-4/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Might be food delayed immune pseudo-flu. Consider LRA testing.

**Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential.
Supplements in **GRAY** are additionally clinically supportive.



Stress/Distress

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

2-4/day

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE Energized Double Zinc Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

1-4/day

PERQUE Activated B12 Guard™

Hydroxocobalamin Lozenge

1-12/day

PERQUE Mood Guard™

Detoxifier and natural antidepressant to keep moods stable

2-6/day†

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Liver Health/Hepatitis Risk (A, B, C, D, Chemical, or Risk)

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

2-6/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp.

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Activated B12 Guard™

Hydroxocobalamin Lozenge

1-12/day

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

2-6/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Men's Health (40+)

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

2-4/day

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

2-6/day

PERQUE Prost8 Vitality Guard™

Prostate formula with saw palmetto, lycopene, pygeum, and more to keep PSA <0.5

2-6/day

PERQUE Energized Double Zinc Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

1-4/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential.
Supplements in **GRAY** are additionally clinically supportive.



Women's Health (40+)

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Bone Guard Forté™

Complete bone-building formula for maximum utilization

2-6/day

PERQUE Joint Guard

Glucosamine, chondroitin, and OPC 85+ for joints and inflammation

2-6/day

PERQUE Hematin Anemia Guard

Complete iron formula

1/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp.

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

2-6/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Healthy Lean Weight

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Glucose Regulation Guard Forté™

Regulate based on blood sugar (see label) to keep Hgb A1C <5%

2-4/day

PERQUE L-Carnitine Plus Guard™

100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins

8/day

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

2-4/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Fitness Enhancement/Exercise Strain/ Accident Response

Dosage

(To be taken with food
unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-60/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

PERQUE Choline Citrate™

Energy-enhancing formula

2 tsp/day

PERQUE L-Carnitine Plus Guard™

100% L-carnitine fumarate; MCT + Kelp to burn excess fat and toxins

8/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

2-4 scoops/day

PERQUE Glucose Regulation Guard Forté™

Regulate based on blood sugar (see label) to keep Hgb A1C <5%

4-8/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Inflammation/Repair

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

2-6/day

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Digestive Health

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+billion/day total)

2-6/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

PERQUE Regularity Guard™

Improve bulk and digestive transit time to keep transit time 12-18 hours

6-8 scoops/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

PERQUE Activated B12 Guard™

Hydroxocobalamin Lozenge

1-12/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Bone Health: Osteoporosis or Osteopenia Risk

Dosage

(To be taken with food
unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Bone Guard Forté™

Complete bone-building formula for maximum utilization

2-6/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

PERQUE Joint Guard

Glucosamine, chondroitin, and OPC 85+ for joints and inflammation

2-6/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

4-6 drops/day

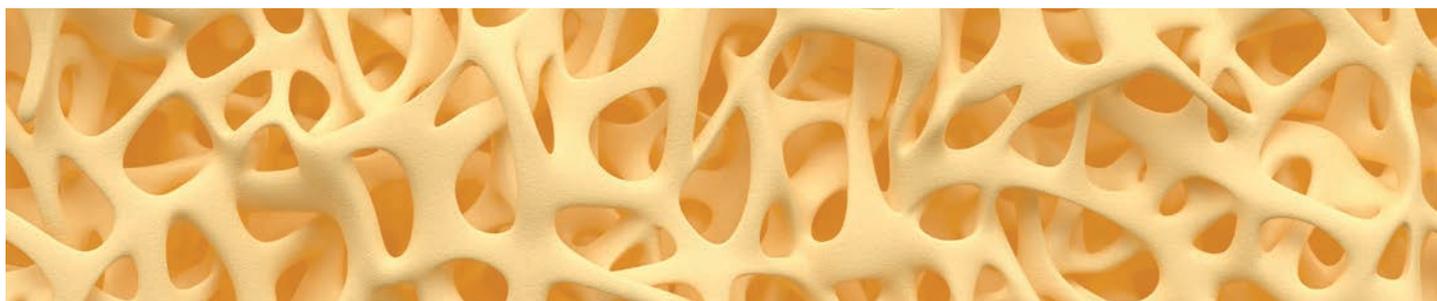
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Joint Health: Sports Injury to Joints

Dosage

(To be taken with food
unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Joint Guard

Glucosamine, chondroitin, and OPC 85+ for joints and inflammation

2-6/day

PERQUE Bone Guard Forté™

Complete bone-building formula for maximum utilization

2-6/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

4-6 drops/day

PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

Safer Omega 3s or Omega 3, 6, 9 CLA & DHA to keep Omega 3 Index >8%

4/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Lung Health

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

2-6/day

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Energized Double Zinc Guard™

Blend of zinc citrate and picolinate with vitamin B6 to keep phagocytic index >50

2/day

PERQUE Detox IN Guard™

Detoxifying, chelating formula for physical and environmental stress to keep cytochromes and bile flowing

3-6/day†

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Eye Health

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

1-3/day

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

4-12/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

1-6/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Healthy Blood Pressure

High blood pressure is associated with increased risk of stroke, heart attack, heart failure, and chronic kidney disease, yet many people don't know they have it. It can cause damage long before symptoms appear, and it affects almost half of U.S. adults. We spend almost \$50 billion per year, including the cost of the 150 million prescriptions written to treat it. The protocol below helps maintain healthy blood pressure with a "Physiology before Pharmacology" approach.

PERQUE Targeted Supplementation

Dosage

(To be taken with food unless indicated by †)

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

*

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

1-4x/day

Based on 1st AM Urine pH
Proportion: 2 caps + 1 tsp

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

4-12/day

PERQUE EPA/DHA Guard™

Safer Omega 3s

2-8/day

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

1-3/day

*Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Predictive Biomarker Tests

When compared to healthy goal values, results of the following independent, primary, predictive tests are effective forecasters of individual health risk or resilience. Patients can function years – or even decades – younger than their birth age just by bringing (or keeping) each of these biomarkers at their predictive (healthy) goal value.

Predictive Biomarker: Hemoglobin A1c (Hgb A1c) >5%

The High Sensitivity Hemoglobin A1C test measures sugar/insulin/energy conversion and diabetes risk. Specifically, the test measures what percentage of hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control. And if you have previously been diagnosed with diabetes, the higher the A1C level, the higher your risk of diabetes complications.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation*

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

PERQUE Glucose Regulation Guard Forté™

Regulate based on blood sugar (see label) to keep Hgb A1C <5%

4-8/day

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

2-6/day

*Re-test in 6 months

**Dose based on “C- Calibration” or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Predictive Biomarker: High-Sensitivity C-Reactive Protein (hsCRP) >0.5 mg/L

C-Reactive Protein is a measure of inflammation and repair deficit. It's a sensitive indicator of acute injury, bacterial infection, or inflammation. Studies have been published linking serum CRP levels to coronary heart disease risk.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation*

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

**

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

2-6/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Re-test in 6 months

**Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Predictive Biomarker: Homocysteine >6 µmol/L

Homocysteine is a measure of detoxification and methylation status. It's an amino acid that plays a role in destroying the lining of your artery walls, promoting the formation of blood clots, and accelerating the buildup of scar tissue. High levels may increase the chance of heart disease and stroke, especially if you have other risk factors such as diabetes, high blood pressure, obesity, smoking, or family history.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation*

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

**

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

PERQUE Digesta Guard Forté 10™

Non-dairy, 10-strain formula to provide probiotics (40+ billion/day total)

2-6/day

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

2-6/day

PERQUE Vessel Health Guard™

Promotes heart, blood vessel, and brain health to keep HCY <6 µmol/L

2/day

PERQUE Endura/PAK Guard™

Energy-enhancing formula to keep glutathione adequate

2-12/day†

*Re-test in 6 months

**Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Predictive Biomarker: Omega-3 index <8% and 8-oxoguanine >5 ng/mg creatinine

The Omega-3 Index is a measure of your Omega-3 intake. There is growing evidence for an association between omega-3 levels and health conditions such as heart disease, cellular aging, dry eye, macular degeneration, dementia, depression, joint health, etc. The Omega-3 Index can be improved by simple dietary changes such as increasing your intake of EPA and DHA from either seafood or from dietary supplements.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation*

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

**

PERQUE Repair Guard™ or PERQUE Pain Guard Forté™

Manage inflammation and reduce pain naturally to keep hsCRP <0.5 mg/L

3-14/day

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

PERQUE Mito Guard 100 Plus™

With rice bran oil and vitamin E for superior action to keep phagocytic index >50

3-10/day

PERQUE EPA/DHA Guard™

Safer Omega 3s

6-8/day

PERQUE Liva Guard Forté™

Detoxifier, antioxidant with silymarin and glutathione to reduce environmental toxin load.

1-2/day

*Re-test in 6 months

**Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Predictive Biomarker: Vitamin D <50 ng/mL

Vitamin D levels measure cell communication status. Vitamin D levels play a significant role in a number of systems in the body, including immune and neurological regulation, and bone health. When levels of this nutrient are low, that increases the risk of cancer and heart disease, autoimmune disorders and psychiatric and mood problems.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation*

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Vitamin D3 Cell Guard™

Potent liquid to keep 25-OHD between 50 and 80 ng/mL

2-4 drops/day

*Re-test in 6 months

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.



Predictive Biomarker: First-morning pH <6.5 or >7.5*

pH level assesses mineral need and acid/alkaline balance.

Dosage

(To be taken with food unless indicated by †)

PERQUE Targeted Supplementation**

PERQUE Life Guard™ Tabsules and Mini-Tabsules

Comprehensive, 40-nutrient, five-products-in-one formula. Keep urine sunshine yellow

2-6/day

PERQUE Potent C Guard™ Powder and Tabsules

Fully buffered, pH-balanced and reduced vitamin C. Weekly C cleanse.

PERQUE Mg Plus Guard™ and PERQUE Choline Citrate™

Enhanced mineral uptake to keep 1st AM urine pH 6.5-7.5

4-6/day

Proportion: 2 caps + 1 tsp

*If >7.5, check urine ammonia to rule out catabolic illness.

**Re-test in 6 months

***Dose based on "C- Calibration" or as recommended by health professional

NOTE: Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.

Excess acid wears you out



Too Acidic (<6.5)

Healthy Repair / Restore Zone



Healthy pH (6.5-7.5)

Catabolic illness tears you down



Too Alkaline (>7.5)

Predictive Goal Value = pH 6.5 – 7.5

QUICK START: How to do an Ascorbate (Vitamin C) Calibration Protocol (“C Cleanse”) to Determine Individual, Functional Need for Ascorbate

Start the C-Cleanse

First thing in the morning on an empty stomach.*

**Make sure you have the whole day to finish the cleanse.*

How Much C-Powder*

Into 4-6 ounces of water at room temperature

- Healthy Person - ½ teaspoon
- Moderately Healthy Person- 1 teaspoon
- Ill Health Person – 2 teaspoons

Allow bubbling to stop before drinking.

**If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.*

Time to Drink

Drink the solution every 15 minutes.

Time to Record

Count and Record each dosage.

Your Stool

**Do NOT stop at loose stool.*

Continue until you have reached a watery stool or an enema-like evacuation of liquid.*

Outcome

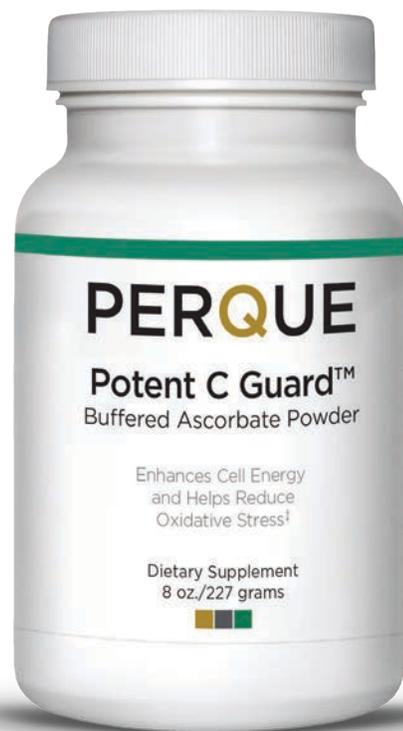
Many people report a sense of improved well-being after the completion of a C-Cleanse. As toxins are eliminated from the body and as it is energized through the action of the C-Cleanse, you should feel progressively better for longer periods of time.

Repeat the C-Cleanse

Recommended - 1 time per week.*

Repair deficits increase ascorbate need over time until a consistent dose of vitamin C is maintained.

**Discuss with your practitioner the right frequency for you.*



How to do an Ascorbate (Vitamin C) Calibration Protocol (“C Cleanse”) to Determine Individual, Functional Need for Ascorbate

Which ascorbate is best to use

It is preferable to use a 100% l-ascorbate, fully reduced, buffered mineral ascorbate form of vitamin C that contains a proper balance of the major essential buffering minerals: 1) potassium, 2) magnesium, 3) calcium, and 4) zinc. No dl-ascorbate or d-ascorbate should be used as the d-ascorbate form is not absorbed by humans; people take up only the l-ascorbate. Per gram of ascorbate, we find best outcomes, patient compliance, and satisfaction from a balanced mineral content of potassium (66 mg.), calcium (27 mg.), magnesium (11 mg.), and zinc (400 mcg.).

- This means that if you were taking a half-teaspoon of buffered ascorbate that has no masking or “inert” agents in it, you would have 1.5 grams of ascorbate containing potassium, 99 mg.; calcium, 40 mg.; magnesium, 16 mg.; and zinc, 600 mcg.

How to do Ascorbate Calibration “C Cleanse”

When possible, it is best to start (especially the first use of this protocol) on an empty stomach, first thing in the morning. Allow yourself that day to finish the cleanse. Most people saturate their ascorbate need within a few hours. Occasionally, the need is much greater, and it may take a number of hours to complete the initial calibration cleanse.

Dissolve each half-teaspoon (1.5 grams) of fully reduced, buffered mineral l-ascorbate powder in 4-6 ounces of water or diluted juice (juice diluted 1:1 with water). Plan to count and record each dose. After dissolving the l-ascorbate and allowing any effervescence to abate (typically dissolves within two minutes), drink the beverage. The amount of l-ascorbate needed depends on how quickly your body uses it up. Below are suggestions for how to best determine your needs based on how healthy you are:

- **A healthy person** begins with a level half-teaspoon every 15 minutes.
- **A moderately healthy person** begins with 1 teaspoon every 15 minutes.
- **A person in ill health** begins with 2 teaspoons every 15 minutes.
- If after four doses there is no gurgling or rumbling in the gut, you should double the initial dosage and continue every 15 minutes.

Continue with these instructions at the proper time intervals until you reach a watery stool or an enema-like evacuation of liquid from the rectum. This is as if a quart or so of liquid is expressed from the rectum. At this time, stop consuming the buffered ascorbate for the day. **CAUTION:** Do not stop at loose stool. You want to energize the body to “flush out” toxins and reduce the risk that they may recirculate and induce problems. **HOWEVER,** if your calibration dosage is more than 50 grams of vitamin C, you should consume a dosage of vitamin C of at least 10% of the total l-ascorbate need to induce the l-ascorbate calibration “cleanse” in the later afternoon or evening. Many people find that preparing a batch of ascorbate allows for easier, more timely consumption of the beverage rather than making up a new batch at each interval. **Example:** 30

grams (10 teaspoons) may be dissolved in 10-20 ounces of liquid. If this method is chosen, we recommend using a capped, dark bottle to avoid air or light (photo-) oxidation of the ascorbate. Dissolved ascorbate is stable for a day if kept cool or cold and tightly sealed.

Changing Ascorbate Need

As you become healthier, the ascorbate is used more efficiently and is better conserved in your body and less ascorbate will be needed to achieve the desired effect. As your need for ascorbate decreases, you may notice loosening of the stool indicating that your body is consuming ascorbate more efficiently and your need has decreased. That is the time to taper ascorbate intake. As you become familiar with your body's responses, your need for and best timing of ascorbate is likely to become clear through direct experience with this protocol.

Daily Consumption of Ascorbate after Calibration (C Cleanse)

Between calibrations, consume 75% of the total ascorbate you need to induce the cleanse. You may use ascorbate as a liquid, tablet, or a capsule taking two to four or more doses per day. The usual sufficiency need for a person in a state of good health is 2-10 grams/day.

Hints for Calculating Daily Therapeutic Ascorbate Requirement

- Total the amount of ascorbate consumed.
- Total the number of 1/2 level tsp. = 1.5 grams or 1 level tsp. = 3 grams.
- Multiply number of 1/2 tsps. times the number of doses for the total.
- Then calculate 75% or three-quarters of the total. This is the current daily sufficiency need for ascorbate.

Range amounts of level ½ teaspoons = 1.5 gms	Number of level teaspoons = 3 gms	Total grams of l-ascorbate consumed for calibration	Daily (75%) therapeutic level of l-ascorbate (level 1/2 tsps.)	Daily (75%) therapeutic level of l-ascorbate (gms) [rounded to nearest unit for clinical use]
6	3	9	4.5	7
10	5	15	7.5	12
25	12.5	37.5	19	28
90	45	135	67.5	101

Outcome of Ascorbate Calibration

Many people report a subjective sense of improved well-being after the completion of an ascorbate calibration. This may be of short duration, initially, but is a promising sign for long-term improvement. As toxins are eliminated from the body and as it is energized through the action of the ascorbate, you should feel progressively better for longer periods of time.

Repeat of Ascorbate Calibration

For most rapid progress, once per week is recommended. You select the frequency that meets your needs. Repair deficits increase ascorbate needs over time until a consistent dose of vitamin C is maintained. Discuss with your practitioner the right frequency for you.

Potential Reservations Regarding Ascorbate Calibration Process

Be sure to consume adequate water with each ascorbate dose. The approach described above will help you in this regard. Any concern about fluid or electrolyte loss from the stool is thus minimized. Some people report gas or fullness while doing the ascorbate calibration cleanse, but that is almost always due to dissolving the vitamin C in too little water or rushing the procedure. Room temperature liquid is best for absorption. Cramps may occur, though rarely, and it is usually because too little fluid is used to dissolve the ascorbate.

Helpful Hints and Insights

- Most people find that the C-Cleanse is easy to do. Since the amount of time can vary quite a bit, it is best to do your first ascorbate calibration on a day when you can stay home for most of the day. Once you have done an ascorbate calibration/cleanse, you will have a better idea of how much time is needed.
- For most people, it takes somewhere between 3-8 teaspoons of ascorbate to cleanse. It could differ for others: 15, 20, or more than 50 grams depending on your health status and how quickly your body uses up ascorbate.
- Sometimes people remain bloated for the rest of the day of calibration. Occasionally people have loose stools for a day or so after doing the ascorbate C-Cleanse.
- Some people have reported **hot** stools that seem to burn the anus after several evacuations. If so, you can use a natural salve, such as calendula ointment, to soothe the area. This tends to cease after the first few times you do the calibration.
- People with hemorrhoids, irritable bowel disease, or inflammatory bowel disease may find that the ascorbate activates their tissues in the healing process. They may need to increase ascorbate and bioflavonoids slowly over time before doing an ascorbate calibration.
- Usually, people find that they feel better than they have in a very long time after the first ascorbate cleanse. Some report a greater sense of well-being after the second or third. The overall consensus is that as time goes on, doing these calibrations helps people feel increasingly better.

Supporting Supplementation

When introducing higher dosages of vitamin C your cellular machinery works harder and more efficiently. The following supplements may be helpful to allow your repair to go most smoothly.

When energy disturbances, cramps, and magnesium deficits are likely:

- **Choline Citrate:** (1 teaspoon = **1,300 mg.**) - 1 teaspoon twice daily in juice or water.
- **Magnesium: 100 mg. elemental twice daily.**
- **L-Glutamine: 1,500 mg. + 500 mg. PAK** (the PAK recycles / potentiates Glutamine so less is needed) or the equivalent = 15 grams of L-Glutamine free-form amino acid, **twice daily.**

When digestive problems and inflammation are significant:

- **Probiotics: 2-4 capsules** of multiple cultured human strains of lactobacillus/ bifidobacterium bacteria with each meal.
- **Flavonoid/flavanol repair combination:** 2-10 tablets of 500 mg. quercetin dihydrate plus 5 mg. Proanthocyanidins/soluble OPC **twice daily.**

PROTOCOL APPENDIX: L-Ascorbate: Its Scientific Significance for Human Health

Vitamin C (ascorbic acid or l-ascorbate) is nature's most potent, safer antioxidant cofactor. Ascorbate has gotten a fair amount of attention from the media in the last few years, including whether it is helpful, neutral, or harmful in limiting the number of colds, their symptoms, and their duration.

1. Ascorbate aids in the maintenance of cellular membranes, cellular respiration, the peroxidase cleansing system, the restoration of vitamin E /selenomethionine complexes, and sulfhydryl enzymes such as glutathione synthetase, thereby helping to detoxify various drugs and chemicals.
2. Ascorbate is also involved in hormone biosynthesis and maintaining the integrity of connective tissue, cartilage, capillaries, bones, and teeth. Vitamin C is, therefore, important in wound repair and tissue healing.
3. Ascorbate has been shown to increase cellular resistance to many common viral infections (most probably due to its interferon-like activity) and enhance specific parameters of immune function.

All of these actions of ascorbate are related to its antioxidant or reducing or electron donating abilities. The use of ascorbate in health and disease is complex and sometimes misunderstood, although much less so when one considers the following facts and supportive background information.

While almost all animals and plants synthesize their own vitamin C, exceptions are guinea pigs, monkeys, and humans. The first two of those eat mostly fresh vitamin C-rich foods: fruits and vegetation. Non-human animals, when adjusted for size and weight, make the equivalent of 5 to 15 grams of vitamin C a day, mostly in their livers and when stress free. Production can more than double when the animal is distressed. Our genetic ancestors once had the ability to synthesize vitamin C but appear to have lost it years ago. One enzyme is missing in a 6-enzyme process converting glucose to vitamin C. Scientists estimate that without this mutation, when healthy we would be making 10-30 grams of vitamin C a day throughout our lives and more when we are unwell or distressed.

Ascorbate Need

Many of us eat only small amounts of vitamin C-rich foods. Also, our food supply contains less and less vitamin C because of premature food harvesting, artificial ripening, and food processing. Studies of the effects of vitamin C seem to be confusing.

1. Generally, when small doses are used (1 gram or less), little to no significant effects were reported. When larger doses are given (20-200 grams/day), significant positive changes are typically reported.
2. Almost all conditions, acute or chronic, can have shortened courses and patients respond favorably. Vitamin C (in the pure, buffered, l-ascorbate) has virtually no side effects. Vitamin C has been given up to 300 grams per day, taken intravenously, without reported side effects.

This approach to determining your need for ascorbate is of the next generation and builds upon the experience gained with "bowel tolerance" determination of ascorbate need. Our livers would be making vitamin C steadily, with increases commensurate with distress, if we had not lost that key enzyme. Thus, for best health, it is important to take ascorbate regularly and steadily. Often gas, cramps, and diarrhea occur at rather low doses of ascorbate (below 10 grams). There are many possibilities for this that are addressed above in the additional supplements recommended as helpful in selected cases.

If one wishes to or must stop ascorbate for any reason, it is quite important to taper gradually. Sudden cessation of ascorbate does not allow the body time to accommodate to the change, and the body will

continue to metabolize/excrete large amounts. You must reduce your ascorbate level by several grams/day over a sufficient period (depending on how much you were taking) to prevent this from occurring. Using the C Cleanse is important. Many helpful things happen at the ascorbate saturation level that will not happen otherwise. Doses from 50 grams to 200 grams or more a day are usual for immune dysfunction states like cancer, chronic viral and bacterial infections, and other serious inflammatory or autoimmune diseases. We recommend appropriate doses throughout life and see l-ascorbate used effectively to charge up the cellular electron pool, promoting cellular healing and metabolism, purging the body of foreign invaders, and providing a base on which to build health. Over a period of ascorbate use, the amount of ascorbate necessary to achieve bowel tolerance changes and fluctuates. During stress or illness, many times more can be taken (and is appropriate to take) than at other times. We ask each person to begin to see ascorbate as a useful tool. As healing occurs and health becomes more balanced, the amounts of ascorbate should also change accordingly. Vitamin C can be useful to you. Use it wisely and you will be well rewarded.

Scientifically shown homeostatic benefits ascorbate promotes or enhances

- Scurvy resistance: improved blood vessel and cardiovascular integrity
- Enhances hormone healthy and reduces hormone unhealthy actions
- Enhances neurotransmitter functions healthy and reduces unhealthy actions
- Promotes immune system healthy and reduces unhealthy actions
- Enhances nitrous oxide (NO) functions
- Enhances and repairs detoxification functions
- Enhances ATP energy compound production
- Enhances healthy bone formation
- Enhances and rebuilds glutathione functions
- Promotes iron balance [uptake and release]
- Reduces bioaccumulation of toxins
- Improves transit time
- Protects DNA from oxidative damage
- Reduces toxic minerals in body
- Enhances natural anti-cancer surveillance
- Direct tumor cytolytic effects

Scientifically disproven effects that ascorbate promotes or enhances

- Immortality
- Fenton reactions *in vivo*
- B-12 remains active *in vivo*
- DNA replication error theory not confirmed *in vivo*

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PERQUE Detox Program

The **PERQUE** Detox program:

- Advanced full-body detoxification program
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- Easy-to-swallow tabsules – free of messy powders!
- Full disclosure ingredients – no hidden allergens!



PERQUE's Detox Program includes the following products:

PERQUE Detox IN Guard™:

Offers exclusive Phase I and Phase II detoxification support:*

- Sulfur amino acids remove toxic metals like lead, mercury and cadmium minerals, solvents like benzene and hormone-disrupting biocides.*
- Lipotropic factors in the product work to protect cellular machinery and improve cell to cell communication.*

Dosage for Detox Program: 1 in morning/1 in evening.

Please see page 18 for more information.

PERQUE Liva Guard Forté™

Contains nutrients like carotenoids, milk thistle and other powerful antioxidants:*

- Reduces environmental burden on the body through detox.*
- Repairs, restores, rehabilitates, and protects the liver from harsh chemical exposures.*

Dosage for Detox Program: 1/day.

Please see page 19 for more information.

PERQUE Potent C Guard™

Fully reduced, fully buffered, 100% L-ascorbate:

- Mobilizes and removes harmful toxins from the body.*
- Repairs and supports the immune system.*
- Improves brains function* Restores hormonal balance.*
- Provides powerful antioxidant support and protection.*

Dosage for Detox Program: Individualized based on C-Calibration.

Please see pages 14-15 for more information.

PERQUE EPA/DHA Guard™

Contains active Omega-3 essential fats processed with a nitrogen-protected distillation procedure:

- Helps essential nutrient uptake.*
- Removes fat soluble toxins.*
- Restores cell membrane flexibility.*

Dosage for Detox Program: 1 in morning/1 in evening

Please see page 28 for more information.

*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.

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www.PERQUEintegrativehealth.com/academy/

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Self-Tests

1. C-Cleanse: (Pages 63-69 above, or): www.PERQUE.com/lifestyle/self-tests/ascorbate-cleanse/
2. pH Test: www.PERQUE.com/lifestyle/self-tests/first-morning-ph/
3. Transit Time Test: www.PERQUE.com/lifestyle/self-tests/transit-time/
4. Hydration Protocol: www.PERQUE.com/lifestyle/self-tests/hydration-protocol/

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Alkaline Way Chart

Food and Chemical Effects on Acid/Alkaline Body Chemical Balance



MORE ACID
(Consume Less)

Food Category	☹☹☹☹	☹☹☹	☹☹	☹
Spice/Herb	Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry
Preservative Beverage Sweetner Vinegar	Table Salt Beer, "Soda" Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	Coffee Red Wine Vinegar Aspartame Saccharin	Benzoate Alcohol Black Tea Balsamic Vinegar	MSG Kona Coffee Honey/Maple Syrup Rice Vinegar
Therapeutic	Antibiotics	Psychotropics	Antihistamines	
Processed Dairy Cow/Human Soy Goat/Sheep	Processed Cheese Ice Cream	Casein Milk Protein Cottage Cheese Milk, Soy	Milk; Goat, Cow, Sheep	Cream/Butter Yogurt Cheese; Goat, Sheep
Egg				Egg, Chicken
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Pork/Veal Mussel/Squid	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish
Fowl	Pheasant	Chicken	Goose/Turkey	Wild Duck
Grain Cereal Grass	Barley Processed Flour	Corn Rye Oat Bran	Wheat White Rice Buckwheat	Brown Rice Millet Kasha
Nut Seed/Sprout Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food	Pistachio Seed Oil Chestnut Palm Kernel Lard Pecan	Almond Sesame Safflower Oil Tapioca Seitan or Tofu	Canola Oil Pumpkin Seed Grape Seed Sunflower Pine Nut
Bean Vegetable Legume Pulse Root	Soybean Carob	Pea Green Snow Peanut Legumes (other) Carrot Chick Pea/Garbanzo	Bean Pinto White Navy/Red Aduki Lima or Mung Chard Split Pea	Bean Fava Kidney Black-eyed String/Wax Spinach Zucchini Chutney Rhubarb
Citrus Fruit Fruit		Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Cherimoya Date

Food and Chemical Effects on Acid/Alkaline Body Chemical Balance



MORE ALKALINE

(Consume More)



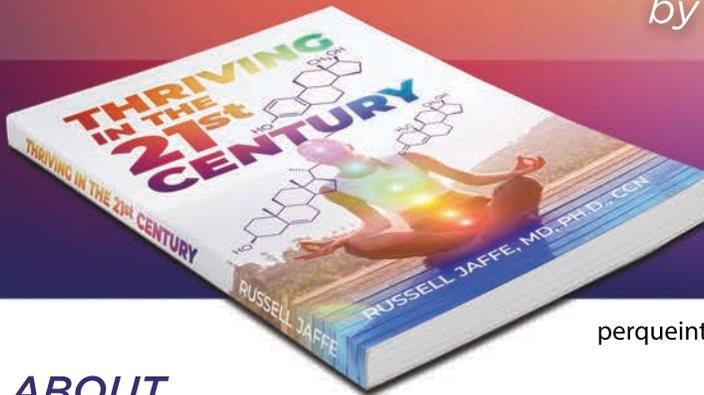
+		++		+++		++++		Food Category
White Willow Bark Slippery Elm Artemesia Annua	Herbs Aloe Vera Nettle	Spices/Cinnamon Valerian Licorice Agave	Baking Soda					Spice/Herb
Sulfite Ginger Tea Sucanat	Green or Mu Tea Apple Cider Vinegar	Kambucha Molasses Soy Sauce	Sea Salt Mineral Water					Preservative Beverage Sweetner Vinegar
Algae, Blue Green	Sake		Umeboshi Plum					Therapeutic
Ghee Human Breast Milk								Processed Dairy Cow/Human Soy Goat/Sheep
Egg, Duck	Egg, Quail							Egg
								Meat Game Fish/Shell Fish
								Fowl
Quinoa Wild Rice Oat								Grain Cereal Grass
Oil Avocado Coconut Olive/Macadamia Linseed/Flax	Oil Cod Liver Primrose Sesame Seed Almond Sprout	Poppy Seed Cashew Pepper Chestnut	Pumpkin Seed					Nut Seed/Sprout Oil
Seeds (most)								
Brussel Sprout Beet Chive/Scallion Celery/Cilantro Squash Artichoke Lettuce Jicama Turnip Greens	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Jerusalem Artichoke Ginger Root Broccoli	Lentil Brocoflower Seaweed Onion/Miso Daikon/Taro Root Sea Vegetables (other Burdock/Lotus Root Sweet Potato/Yam					Bean Vegetable Legume Pulse Root
Orange Banana Blueberry Raisin, Grapes Currant Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Canteloupe Honeydew Olive Mango Citrus Loganberry	Lime Nectarine Raspberry Watermelon Tangerine Pineapple					Citrus Fruit Fruit



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ABOUT

The 21st century has brought with it unprecedented challenges. Health and environmental effects of toxins introduced in the last half century have led to reductions in life expectancy, reproductive health, quality of life, immune defense and repair, and soil quality - all with corresponding increases in anti-nutrients and digestive disorders. Despite these challenges, there are still remarkable opportunities for those who choose more wisely. This book is a guide to reconnecting and rediscovering your healing capacities by embracing a nature, nurture, and wholeness approach to life.

Thought-leading scientist and integrative healthcare pioneer, Russell Jaffe, MD, PhD, shares wisdom gained over half a century in medicine, science, and spiritual practices that have taught him how to live long and well, especially in times of unprecedented stress and toxins. His approach is personal, evidence-based and consists of practical ways of saving your life and the life of those about whom you care. Starting with today's scientific evidence and incorporating wisdom traditions, Dr. Jaffe invites the reader on a journey of self-assessment, self-discovery, and self-awareness. You are unique. Your chemistry, your relationships, and your history all interconnect to make you who you are. Dr. Jaffe explains what to measure, what the measurements mean functionally, and what to do to overcome the challenges of the 21st century and add decades of quality life.

REVIEWS

“Dr. Russell Jaffe synthesizes all the multi-disciplinary research in this holistic critique of medical education, research, science and practice, embedded in planetary evidence of the unsustainable, toxic technological trajectories of Western economies, lifestyles and ideologies of “progress”. This book should be required reading for all in science policy, politicians, educators, financial and business leaders, as well as aware citizens worldwide concerned with our common human future on Earth.”

~ Hazel Henderson, D.Sc.Hon., FRSA

“Russ Jaffe never ceases to astonish me, from the day he walked into my lab, to his sterling contributions as a young pathologist to this marvelous compelling book on “How to thrive in the 21st century.” The book weaves the story of his own lifestyle and recommendations for everyone to consider in defining a lifestyle that if followed leads to a more productive and satisfying life. It is a “must read”.

~ Carl Franzblau, PhD

“Dr. Russell Jaffe helps reintegrate a medical system that too often defines health as the absence of symptoms, not the presence of vitality and resilience, and measures success by pills and procedures, not quality of life. Distilled from a lifetime of medical innovation and global insight, his practice reveals effective paths to healing that put physiology before pharmacology, the body's wisdom before risky interference, informed choice before standard of care, and your own needs before vendors' interests.”

~ Amory B. Lovins, Adjunct Professor, Stanford University

Notes

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