

## PERQUE Potent C Guard™ vs. other Vitamin C Preparations

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**PERQUE Potent C Guard™** is a pH-balanced, vegetarian, allergen-free, and completely buffered mineral ascorbate. It uses 100% L-ascorbate, fully reduced, corn free, which works harder, more quickly and more persistently in the body. **PERQUE Potent C Guard** prevents free radicals from harming the ascorbate. Also, the cofactors, metabolites, and transporters in **PERQUE Potent C Guard** powerfully enhance absorption and tissue action. In addition, **PERQUE Potent C Guard** is free of the side effects associated with other vitamin C supplements.

**PERQUE Potent C Guard** contains a balance of essential minerals: calcium, magnesium, potassium, and zinc. Most Americans are deficient in one or more of these key minerals, due to stress, ill health, food processing, toxins, and other factors.

### Bioavailability of Different Forms of Vitamin C (Ascorbic Acid) ...

In the rapidly expanding market of dietary supplements, it is possible to find vitamin C in many different forms with many claims regarding its efficacy or bioavailability. Bioavailability refers to the degree to which a nutrient (or drug) becomes available to the target tissue after it has been administered.

### Natural vs. synthetic L-ascorbic acid

While natural and synthetic L-ascorbic acid are chemically identical, most 'ascorbic acid' or 'vitamin C' that is sold is 50% L-form and 50% D-form. The D-form is neither absorbed by the human body nor useful to the body because of its different stereochemistry. When D-ascorbate builds up in the intestine, it is known to irritate the digestive tract often accompanied by diarrhea. **PERQUE Potent C Guard** always uses L-ascorbate for maximum absorption.

### Why Choose PERQUE Potent C Guard Powder

The scientific literature has confirmed vitamin C's key role in:

1. Immune system function
2. Collagen repair and formation
3. Joint function
4. Energy production
5. Antioxidant protection and function
6. Detoxification, and more

When evaluating vitamin C, choose the supplement with the most health-promoting impact. Ingesting vitamin C as part of a whole food is considered preferable because of the concomitant consumption of numerous other macro- and micronutrients and phytochemicals, which will confer additional health benefits. At **PERQUE** we work hard to keep our products as close to whole food items as possible.

Please refer to the table below to see how **PERQUE Potent C Guard** measures up to the others out there in the market today.

PERQUE Potent C Guard	Liposomal Vitamin C	Other Vitamin C Products
High potency, fully active, absorbable ascorbate. Half teaspoon = 1.5 grams. Better value per gram.	Liposomes used as carriers add bulk and reduce the amount of ascorbate by half or more.	Often made as synthetic forms of Vitamin C.
Physiologically first approach using a biologically preferred form: L-Ascorbate. Produced with an exclusive, triple recrystallization process. This innovative technique creates a product with unprecedented purity and bioactivity.	Attempts to “outsmart” the body’s nutrient absorption.	D-ascorbic acid cannot be absorbed effectively. Generally, the most inexpensive and lowest quality of Vitamin C. Synthetic means “man-made” and not found in nature. But many of these vitamins still claim to be “natural” since scientists have decided the synthetics are similar enough to their whole-food counterparts to be used in the same way. May kill the beneficial bacteria in the intestines that aid in digestion and combat more dangerous bacterial infections.
Triple recrystallization and bottling done under nitrogen blanket to prevent exposure to air.	Vitamin C is potentially oxidized and damaged by exposure to air in the processing.	Vitamin C is potentially oxidized and damaged by exposure to air in the processing.
Potassium, zinc, calcium, and magnesium are more beneficial- biologically preferred – to buffer the ascorbate. This should support a healthy pH level.	Uses sodium ascorbate – not the biologically preferred Vitamin C and adds sodium.	May have Calcium or magnesium. One of the commonly seen forms - Ascorbyl palmitate, is often derived from corn dextrose fermentation and palm oil. While it contributes to the Vitamin C content of the supplement and probably helps protect fat-soluble antioxidants in the supplement, it likely does not have a beneficial impact on pH.
Retail price of <b>PERQUE Potent C Guard</b> : Less than \$0.25 per 1 gram of Vitamin C.	Avg retail prices of popular brands: \$1.30 per 1 gram of Vitamin C.	Average retail price is generally \$.05 to \$.25 per 1 gram of Vitamin C.
Food Derived - Hypoallergenic – no remaining antigens.	Allergenic soy is frequently used to make the liposomes.	Most commercial vitamin C is made from corn or synthetic blends. These are often GMO products.