

Achieve



Sustained
Wellness

Clinical Protocols by Condition



*This document is designed to help match people with the supplement plan most likely to achieve results. **PERQUE** products are categorized by functional topic, applicability, and priority. These functional suggestions promote health and are not intended to be used in the treatment, cure, prevention, or mitigation of any disease or disorder as specified in FDA guidelines. Only health professionals diagnose and treat diseases or disorders.*

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piH **PERQUE**
INTEGRATIVE
HEALTH®

PERQUE®

Supplements



Bioavailable
Active
Novel

We are what we **EAT, DRINK, THINK, and DO.**

This **Protocols by Condition** document is one of many resources we offer. Whether you use our **PERQUE Integrative Health 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 patients to repair and restore resilience.

In addition to the targeted supplements listed for each condition, this comprehensive “**EAT, DRINK, THINK, DO**” approach recommends:

- Eating an immune-tolerant Nature’s pHarmacy® diet
- Drinking water as beverage of choice and eating 40+ grams of fiber per day
- Removing immune-stressing toxins through safer detox by fully meeting individual needs
- Making healthful daily choices, including at least 30 minutes of enjoyable exercise and 20 minutes of a preferred mindfulness practice.

Help your clients.

Help your practice.

Help yourself.

PERQUE Integrative Health makes it easy.

To learn more, contact **PERQUE** Integrative Health at 1.800.525.7372 or visit www.PERQUE.com or facebook.com/PERQUEIntegrativeHealth.

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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 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

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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g. [See page 27.](#)

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

*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 axis 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 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 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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g. [See page 27.](#)

Cold and Flu*

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 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 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 Repair Guard™

Manage inflammation and support prostate health naturally

2-8/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

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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g.

[See page 27.](#)



Women's Health (40+)

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 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

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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g. [See page 27.](#)

Healthy Lean Weight

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 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/day

PERQUE Adreno Distress Guard™

Enables stress hormone balance to keep cortisol/HPA rhythm

4-8/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 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 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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g. [See page 27.](#)

Inflammation/Repair

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 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 DigestivAide™

Herbal bitters to stimulate saliva production.

1-3 drops/
1-3x/day

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 Vitamin D3 Cell Guard™

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

2-4 drops/day

PERQUE L-Histidine Guard™

Healthy stomach acid for optimal digestion

1-3/day

PERQUE Activated B12 Guard™

Hydroxocobalamin Lozenge

1-12/day

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

NOTES:

- Supplements in **GREEN** are essential. Supplements in **GRAY** are additionally clinically supportive.
- **PERQUE** recommends a daily fiber intake of 40g. [See page 27.](#)



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

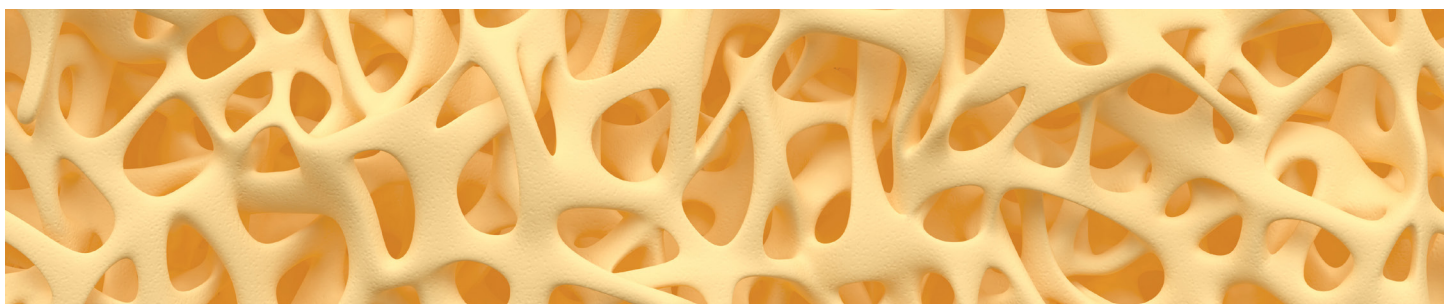
PERQUE EPA/DHA Guard™ or PERQUE Triple EFA Guard™

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.

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

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.

Amyotrophic Lateral Sclerosis (ALS) Protocol

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

2-4/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 Vessel Health Guard™

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

2-6/day

PERQUE Liva Guard Forté™

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

1-2/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.

References

- Rosenfeld, Jeffrey, and Amy Ellis. "Nutrition and dietary supplements in motor neuron disease." *Physical Medicine and Rehabilitation Clinics of North America* vol. 19,3 (2008): 573-89.
- Wang M, Liu Z, Sun W, et al. Association Between Vitamins and Amyotrophic Lateral Sclerosis: A Center-Based Survey in Mainland China. *Front Neurol.* 2020;11:488.

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

Appendix I: High Fiber Food Sources

Why Fiber Matters for Digestive and Immune Health

As Dr. Jaffe emphasizes in his guidance on digestive wellness, a diet rich in whole, unprocessed, fiber-dense foods is essential for supporting gut health and microbiome diversity. Fiber promotes regular bowel movements, helps maintain the integrity of the intestinal lining, supports detoxification, and reduces inflammation.

According to Nature’s pHarmacy® guidelines, aiming for at least 40 grams of dietary fiber per day primarily from foods like fruits, vegetables, legumes, seeds, and nuts can significantly improve digestive health, immune tolerance, and overall resilience. Consuming these foods in their most natural and immune-tolerant forms makes reaching that fiber target both achievable and enjoyable.

Fiber-Rich Foods Aligned with Nature’s pHarmacy Principles (40g/day)

Food (organic/biodynamic)	Serving Size	Fiber (g)
Navy Beans (cooked)	1 cup	19 g
Black beans (cooked)	1 cup	15 g
Pinto Beans (cooked)	1 cup	15 g
Avocado (fresh Slices)	1 Medium	14 g
Lentils (cooked)	1 cup	12 g
Garbanzo beans (cooked)	1 cup	12 g
Hazelnuts	1 cup	11g
Almond	1 cup	11 g
Kidney Beans (cooked)	1 cup	11g
Artichokes (cooked)	1 Medium	10 g
Pistachio	1 cup	9 g
Green peas	1 cup	8 g
Raspberries fresh	1 cup	8 g
Macadamia	1 cup	8 g
Chia Seeds	2 Tbsp.	7 g
Pears (with Skin)	1 Medium	6 g
Pecans	1 cup	6 g
Hemp seeds	2 tbsp	6 g
Quinoa (cooked)	1 cup	5 g
Cashews	1 cup	5 g
Flaxseed (ground)	2 Tbsp.	4 g
Sweet potato (cooked)	1 Medium	4 g
Apples	1 Medium	4 g
Broccoli (cooked)	1 cup	3 g
Okra	1 cup	3 g

References

1. *Thriving in the 21st Century*, R Jaffe, HSC Press, 2023, 230p. *Joy in Living the Alkaline Way*, R Jaffe, HSC Press, 37th edition, 2024,124p.
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4. Anderson, James W et al. “Health benefits of dietary fiber.” *Nutrition reviews* vol. 67,4 (2009): 188-205. doi:10.1111/j.1753-4887.2009.00189.x
5. Soliman, Ghada A. “Di-etary Fiber, Atherosclerosis, and Cardiovascular Disease.” *Nutrients* vol. 11,5 1155. 23 May. 2019, doi:10.3390/nu11051155



WHO WE ARE

PERQUE® Integrative Health was founded in 1987 by Dr. Russell Jaffe, an internal medicine physician, clinical pathologist, immunologist, and biochemist. Using the latest scientific and medical knowledge available, Dr. Jaffe has developed **PERQUE**, a new generation of nutritional supplements, available only through doctors and healthcare professionals. Dr. Jaffe developed the most advanced formulas possible in order to provide superior results in restoring, maintaining, and enhancing health.

Nothing matches the results **PERQUE** delivers. People using **PERQUE** report faster and more predictable results that favorably impact the quality of their lives. More and more leading doctors and healthcare professionals use **PERQUE**.

THE PERQUE GUARANTEE



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

- 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, all **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 bioavailability 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)
- All **PERQUE** ingredients are plant-based except the human probiotic strains, distilled lipids, D3, and **PERQUE** Joint Guard extracts.
- Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.

PERQUE INTEGRATIVE HEALTH

PERQUE Integrative Health is the beautiful marriage of **PERQUE** nutraceuticals and lifestyle changes championed by Nature's pHarmacy® and Nature's Alkaline Way, to ensure that you EAT, DRINK, THINK, and DO all of the right things to not just survive, but to thrive in the 21st Century.