



BONE GUARD FORTÉ

PERQUE

BONE GUARD FORTÉ: ULTIMATE BONE PROTECTION PLUS

COMPLETE BONE HEALTH
BONE DENSITY INCREASE
NOW WITH 14 ACTIVE MINERALS

WHY YOU NEED BONE GUARD FORTÉ

PERQUE Bone Guard Forté, an exclusive nutritional formula, provides 14 uniquely balanced, energized, and alkalinizing bone builders.* It is also your most complete, fully active, comprehensive mineral supplement.*

The **National Osteoporosis Foundation** predicts that, if left unchecked, the number of **people diagnosed with osteoporosis or low bone mass will increase by 50% — from 28 million (in 1990) to 41 million (in 2005).***

Consider the following avoidable outcomes:

- **One in two women over age 50 will develop osteoporosis.***
- **One in eight men will develop an osteoporosis-related fracture.***

Lifestyle factors, such as smoking, diet, and exercise, affect bone health and may lead to osteoporosis.*

BONE GUARD FORTÉ SUPERIORITY

PERQUE Bone Guard Forté provides 14 fully potent, transporter-energized, bioactive, bone-building nutrients in forms the body can fully use.* Consider the following:

• **Calcium** is one of the most clinically studied nutrients for bone health. **PERQUE Bone Guard Forté** provides four distinct, fully soluble, completely ionized forms of calcium for maximum benefit.*

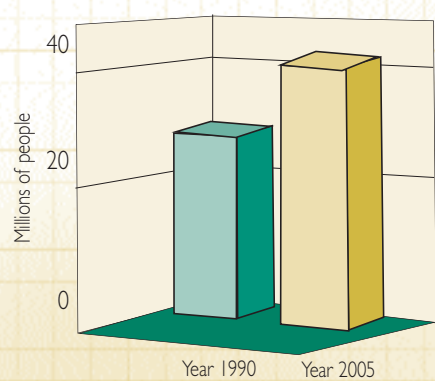
• **Magnesium** deficiencies are a major reason for calcium and bone loss, and may contribute to brittle bones.* **PERQUE Bone Guard Forté** contains four fully soluble, completely ionized forms of magnesium for optimal action.*

• **Boron** plays an important role in calcium and magnesium metabolism. It also works with **vitamin D-3** to boost the body's uptake of calcium.*

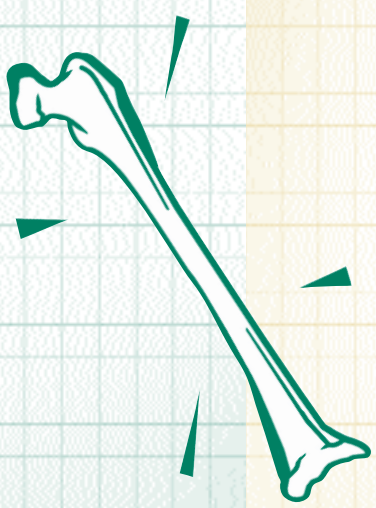
• **Zinc** promotes bone mass by influencing hormonal action.*

• Now with **selenomethionine, chromium citrate,** and **vanadium ascorbate** for even more complete mineral replacement.*

WITHOUT **PERQUE BONE GUARD FORTÉ**,
THE PROJECTED RISE IN OSTEOPOROSIS



—National Osteoporosis Foundation



THREE TABSULES PROVIDE:



14 Energized, Bone-building Elemental Minerals and Nutrients**

Calcium	500 mg.
<small>(as acetate, tartrate, fumarate, and soluble carbonate)</small>	
Magnesium	298 mg.
<small>(as acetate, tartrate, fumarate, & C16 and C18 alkyls†)</small>	
Boron (as citrate)	6 mg.
Germanium sesquioxide	4 mg.
Zinc (as citrate)	10 mg.
Manganese (as citrate)	25 mg.
Selenium (as 100% l-selenomethionine) ..	100 mcg
Chromium (as citrate)	250 mcg
Vanadium (as ascorbate)	250 mcg

Copper (as sebecate)	1 mg.
Silica (from equisetum botanical)	10 mg.
Vitamin C	200 mg.
<small>(100% l-ascorbate, fully reduced, corn free)</small>	
Vitamin D-3	200 IU
<small>(as 1,25 dihydroxycholecalciferol)</small>	
Vitamin K-1 (as phyloquinone)	500 mcg
Vegetable fiber	378 mg.
<small>(organic croscarmellose)</small>	

†from whole, untreated palm fruit and leaf

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

Typical Dosage

Healthy bone maintenance	1-2 tabsules/day
Family or personal osteoporosis risk ..	3-4 tabsules/day
Repair or known osteoporosis	5-6 tabsules/day

Available in bottles of 100 and 250 tabsules.

This vegetarian, allergen-free formula provides a unique, complete, better bone building

agent. Each ingredient is 100% soluble, ionized, and fully bioactive.*

IMPROVE BONE HEALTH

Just as specific dietary and lifestyle factors promote bone health and protect against osteoporosis, other factors can also increase loss of bone mass, including:

- **Sodium** pulls large amounts of calcium into the kidneys, where it is subsequently excreted through the urinary tract.*
- **Protein**, in excess of 60 grams per day, promotes the loss of calcium and other vital minerals through the urine.*
- **Caffeine**-containing drinks have been found to trigger the loss of calcium through the kidneys and intestines.* Research indicates that a lifetime daily consumption

of two or more cups of caffeinated coffee or soda is linked with a reduction in bone density.* The more of these beverages one ingests, the greater the loss.*

- **Alcohol and tobacco** can also damage the bones.* Heavy drinkers appear to be at higher risk of osteoporosis; they are also more susceptible to falls and other accidents.* Heavy smokers typically have less bone density than non-smokers.*

1. Sifton DW: *The PDR® Family Guide to Nutrition and Health*. Montvale: Medical Economics, 1995.
2. Brown SE: *Better Bones, Better Body*. New Canaan: Keats Publishing, Inc., 2nd /ed., 2000.

~In order to qualify for the 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 Magnesium Plus Guard** and **PERQUE Choline Citrate** to your supplement program.

THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Bone Guard Forté** comes with a 100%, unconditional, money-back guarantee—the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- 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. Builds your bones or your money back. ^
- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- Full label disclosure is provided for all **PERQUE** products—no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, sulfate, yeast, soy, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- 100% vegetarian formula.
- Unique post-production assays and clinical bioassays assure product integrity.

YOUR QUALITY ASSURANCE

Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.