



PLACEBO-CONTROLLED  
PROVEN RESULTS  
40 ESSENTIAL NUTRIENTS



# PERQUE

## PERQUE2 LIFE GUARD:

### COMPREHENSIVE COVERAGE

#### WHY YOU NEED PERQUE2 LIFE GUARD

**PERQUE2 Life Guard** is a unique, comprehensive, 40-essential nutrient formula that provides you **four products in one**:

- 1) **Super potency B complex plus** (14 vitamins)
- 2) **Minerals** (10 fully available elemental forms)
- 3) **Mixed vitamins E, selenomethionine, and tocotrienols** (enough to lower cardiovascular risk by 60%)\*
- 4) **Cell alkalizers and energizers** (16 for complete effect)

**PERQUE2 Life Guard** provides:

- **Purer, more active nutritives**
- **No oxidants** (like iron and copper that compete with and degrade antioxidants when they are mixed and stored together in a bottle). Use **PERQUE Hematin Anemia Guard** (for iron and other anemia-protecting nutrients) and **PERQUE Bone Guard Forté** (for copper and other bone/body-building minerals).

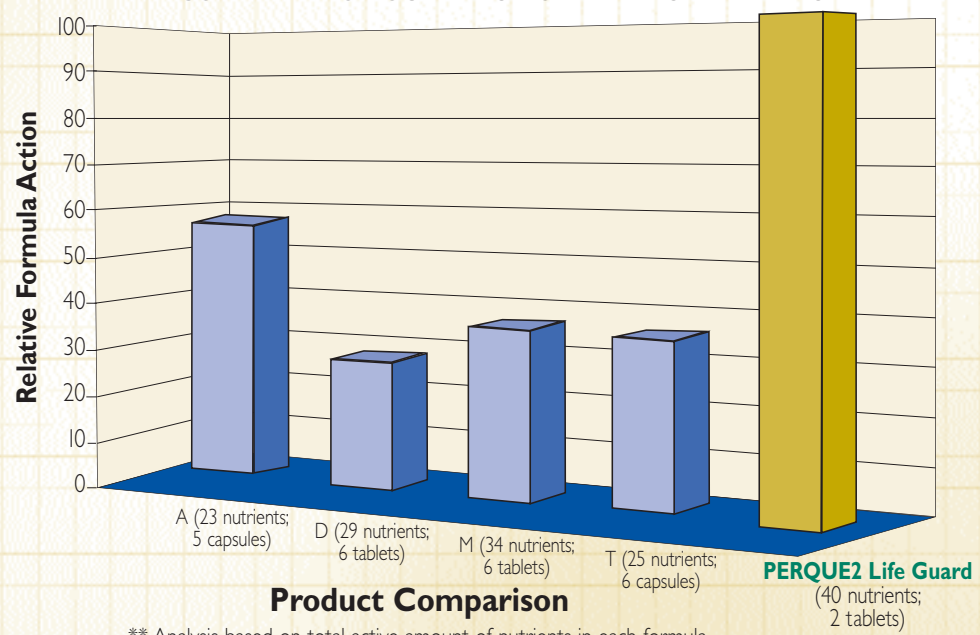
Due to its unique formulation and using only fully active components, **PERQUE2 Life Guard** provides the advantages of capsules and the convenience and enhanced shelf stability of tablets.

#### YOUR ADVANTAGE

**PERQUE2 Life Guard** provides a precise balance of **purier, pharmaceutical-grade or better, more potent, and more bioactive nutrients**. **PERQUE** sets a new industry standard in **“feel the difference”** nutritives.

In a placebo-controlled study, **PERQUE2 Life Guard** was assessed on physically active men in a high-stress environment. After 12 weeks, participants had significant and sustained increases in measured nutrients [thiamine (B-1), riboflavin (B-2), pyridoxal phosphate (B-6), cobalamin (B-12), pantothenate, and biotin]. All showed full uptake of label potency. At the end of the study, increases were as high as the

**PERQUE2 LIFE GUARD'S RELATIVE FORMULA POTENCY  
COMPARED TO FOUR "BEST OF THE BEST" BRANDS\*\***



\*\* Analysis based on total active amount of nutrients in each formula.

PERQUE2 LIFE GUARD



## TWO TABLETS PROVIDE 40 ENERGIZED NUTRIENTS:



### 14 Vitamins, 3 Synergized Nutrients

<b>Vitamin A</b> (beta-carotene) .....	<b>5,000 IU</b>
<b>Vitamin B-1</b> (thiamine HCl).....	<b>100 mg.</b>
<b>Vitamin B-2</b> .....	<b>50 mg.</b> (riboflavin 40 mg; riboflavin 5'-phosphate, 10 mg.)
<b>Vitamin B-3</b> (niacin) .....	<b>25 mg.</b>
<b>Vitamin B-3</b> (niacinamide) .....	<b>75 mg.</b>
<b>Vitamin B-5</b> (calcium d-pantothenate)..	<b>100 mg</b>
<b>Vitamin B-6</b> .....	<b>200 mg.</b> (pyridoxine HCl, 160 mg; pyridoxal 5'-phosphate, 40 mg.)
<b>Vitamin B-12</b> (hydroxocobalamin).....	<b>200 mcg</b>
<b>Folate</b> (folic acid).....	<b>400 mcg</b>
<b>PABA</b> (para-aminobenzoic acid) .....	<b>30 mg.</b>
<b>Biotin</b> (pure crystalline) .....	<b>500 mcg</b>
<b>Vitamin C</b> .....	<b>150 mg.</b> (100% L-ascorbate, fully reduced, corn free)
<b>Vitamin D-3</b> .....	<b>400 IU</b> (1,25 dihydroxycholecalciferol)
<b>Vitamin E</b> .....	<b>200 IU</b> (from mixed natural tocopherols) <sup>‡</sup>
<b>Octacosanol</b> (polycosanol) .....	<b>500 mcg</b>
<b>Vitamin K-1</b> (phyloquinone).....	<b>500 mcg</b>
<b>Fully Ionized Elemental Minerals</b>	
<b>Potassium</b> (as citrate) .....	<b>99 mg.</b>
<b>Calcium</b> .....	<b>50 mg.</b> (as ascorbate, pantothenate, citrate, fumarate, malate, and succinate)
<b>Magnesium</b> .....	<b>100 mg.</b> (as citrate, fumarate, malate, succinate, aspartate, and Cl 6 and Cl 8 alkyls <sup>1</sup> )

beginning. This means the body needed the higher nutrient levels and did not "adapt back" to lower levels.

1. Singh A, Moses FM, Deuster PA: Vitamin and mineral status in physically active men: Effects of a high-potency supplement. *Am J Clin Nutr* 1992; 55(1): 1-7.

## PERQUE2 LIFE GUARD SHOWS ITS POTENCY

Healthy urine is sunshine bright yellow. Most Americans have marginal or deficient B vitamins. This shows in a clear, colorless urine (if we are dehydrated the urine may be cloudy or muddy colored, which is a sign we need to drink more water and, maybe, less caffeinated drinks). One of the ways **PERQUE2 Life Guard** shows its

<b>Zinc</b> (as picolinate).....	<b>25 mg.</b>
<b>Boron</b> (as ascorbate) .....	<b>2 mg.</b>
<b>Chromium</b> .....	<b>200 mcg</b> (as picolinate 50%, ascorbate 50%)
<b>Manganese</b> (as ascorbate) .....	<b>15 mg.</b>
<b>Molybdenum</b> (as ascorbate) .....	<b>100 mcg</b>
<b>Selenium</b> (as L-selenomethionine) .....	<b>50 mcg</b>
<b>Vanadium</b> (as ascorbate) .....	<b>100 mcg</b>

### Active Cofactors

<b>Quercetin dihydrate</b> .....	<b>100 mg.</b> (water-soluble bioflavonoid)
<b>L-aspartic acid</b> (magnesium aspartate) ..	<b>50 mg.</b>
<b>Trimethylglycine</b> (betaine HCl) .....	<b>50 mg.</b>
<b>Tocotrienols:</b>	
<b>Triacotanol</b> (polycosanol) .....	<b>744 mcg</b>
<b>Hexacosanol</b> (polycosanol) .....	<b>33 mcg</b>
<b>Tetracosanol</b> (polycosanol) .....	<b>193 mcg</b>
<b>Citrate</b> .....	<b>59 mg.</b>
<b>Fumarate</b> .....	<b>59 mg.</b>
<b>Malate</b> .....	<b>59 mg.</b>
<b>Succinate</b> .....	<b>59 mg.</b>
<b>Vegetable fiber</b> (organic croscarmellose) ..	<b>170 mg.</b>
<b>Vanilla extract</b> (organic, antioxidant) .....	<b>1 mg.</b>

<sup>‡</sup>Vitamin E is stated to reinforce the fact that **PERQUE** uses the alpha, beta, gamma, and delta forms of the natural tocopherols.

<sup>1</sup> from whole, untreated palm fruit and leaf

### Typical Dosage Best if taken with meals.

Low stress, healthy.....	<b>1-2 tablets/day</b>
Moderate stress, unwell.....	<b>3-4 tablets/day</b>
High stress, training.....	<b>5-6 tablets/day</b>

**Available in bottles of 60 and 180 tablets. Also available in PABA/folate-free form in bottles of 90 and 270 tablets.**

high potency is that it is able to supply the nutrients our body needs and provide enough to protect our kidneys and bladder from the effects of toxins being excreted. Compared to other formulas, **PERQUE2 Life Guard** keeps our urine a healthy, bright yellow longer.

We need as much **PERQUE2 Life Guard** as it takes to keep our urine a sunshine bright yellow. This means that **PERQUE2 LifeGuard** tells us when distress, repair, or toxins increase our need for more because our urine becomes pale. **PERQUE2 LifeGuard** is our health-sustaining, comprehensive formula for a good life.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE2 Life Guard** comes with a 100%, unconditional, money-back guarantee—the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

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