

# PERQUE

## Endura/PAK Guard™

### POTENT SUPPORT FOR INCREASED ENDURANCE



#### WHY YOU NEED PERQUE ENDURA/PAK GUARD

If you suffer from constant fatigue or wish to support intestinal wall repair, your best choice is **PERQUE Endura/PAK Guard**, a remarkable, energy-boosting, non-stimulant formula.\*

Approximately one out of five individuals consults a physician about fatigue. Fatigue is a symptom of several conditions, including depression, anemia, hypoglycemia, Addison's disease, hypothyroidism, chronic fatigue syndrome, or fibromyalgia.\*

Fortunately, fatigue can often be remedied by addressing the cause(s), including dietary changes, consistent exercise, and improved sleep habits. Specific nutritional supplements can be key to correcting nutritive deficits and enhancing toxin elimination.\*

#### PERQUE ENDURA/PAK GUARD BUILDS VITALITY

**PERQUE Endura/PAK Guard** provides exceptional nutritional support for muscular stamina and mental sharpness. It contains a unique combination of L-glutamine and pyridoxal alpha-ketoglutamate (PAK). Glutamine is a primary fuel for the intestines, muscles, brain, and liver. PAK naturally recycles L-glutamine, so the body can use it over and over again.

Because of this combination, one gram of the L-glutamine + PAK in **PERQUE Endura/PAK Guard** is worth 5 to 10 grams of any other glutamine. By recycling L-glutamine + PAK, **PERQUE Endura/PAK Guard protects against glutamate build-up.\***

#### WHO SHOULD TAKE IT?

You need **PERQUE Endura/PAK Guard** if you:

- 1) Need more endurance;
- 2) Are constantly fatigued;
- 3) Feel mentally sluggish; or
- 4) Want a faster recovery after exercise.\*

**PERQUE Endura/PAK Guard** is also an excellent choice for people with intestinal irritations. Intestinal surfaces are susceptible to erosion from mechanical action, toxins, and the products of abnormal bacteria. Symptoms include diarrhea or chronic constipation. The L-glutamine and PAK in **Endura/PAK Guard** helps regenerate the intestine's surface cells.\*



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THREE PERQUE ENDURA/ PAK GUARD CAPSULES PROVIDE	
ENERGIZED NUTRIENTS	
<b>Endura/PAK Guard Capsules</b>	
L-glutamine (free form)	1,500 mg
PAK (pyridoxal alpha-ketoglutarate)	500 mg
Magnesium (as C16 and C18 alkyls <sup>1</sup> )	13 mg
Rice flour (organic)	90 mg
Vegetable capsules	219 mg
<sup>1</sup> from whole, untreated palm fruit and leaf	
<b>OTHER INGREDIENTS: NONE</b>	
<b>WARNING</b>	<b>TYPICAL DOSAGE</b>
Pregnant and nursing mothers need to check with their health professional before taking supplements.	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.
	<b>Available in bottles of 60 and 180 capsules.</b>
U.S. PAT. N <sup>o</sup> . 6,545,044	

## DIAGNOSING CHRONIC FATIGUE SYNDROME

When is it garden-variety tiredness, and when is it chronic fatigue syndrome (CFS)? CFS is characterized, according to the U.S. Centers for Disease Control (CDC), by the following symptoms:

- Persistent fatigue for over six months
- Sore throat
- Tender lymph nodes
- Muscle pain
- Impaired memory and ability to concentrate,
- Pain in many joints without swelling or redness,
- Headaches, or
- Severe malaise lasting over 24 hours after exercise or exertion.

Even after years of research, the actual cause of CFS is still not known. Before developing a treatment program, physicians are advised to examine the CFS patient to identify possible causes. Often, food allergies, or dysfunction of the thyroid, pituitary, or adrenal glands are implicated in fatigue.\*

One study of CFS patients noted that their adrenal glands had shrunk by 50%, indicating significant atrophy. Reduced oxygen delivery to the muscles and vitamin B deficiencies have also been observed in CFS.\*

**PERQUE Endura/PAK Guard** is observed clinically to benefit some people with CFS.\*

1. Heap LC, Peters TJ, Wessely S: Vitamin B status in patients with chronic fatigue syndrome. J R Soc Med 1999; 92(4): 183-185.
2. McCully KK, Natelson BH: Impaired oxygen delivery to muscle in chronic fatigue syndrome. Clin Sci (Colch) 1999; 95(5): 603-608.
3. Scott LV, Teh J, Reznick R, Martin A, Sohaib A, Dinan TG: Small adrenal glands in chronic fatigue syndrome: a preliminary computer topography study. Psychoneuroendocrinology 1999; 24(7): 759-768.
4. Albrecht J, Norenberg MD: Glutamine: a Trojan horse in ammonia neurotoxicity. Hepatology 2006 Oct;44(4):788-94.
5. Soondrum K, Hinds R. Management of intestinal failure. Indian J Pediatr 2006 Oct;73(10):913-8.
6. Wu XQ, Shu LH, Sun M, Wang H, Gao H. [Effect of glutamine on apoptosis of the small intestine in young rats with endotoxemia and its mechanism.]

\* 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.



## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Endura/PAK 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.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- 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).
- 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.