

# PERQUE<sup>®</sup> Bone Guard<sup>™</sup>



## WHY YOU NEED PERQUE BONE GUARD FORTÉ

**PERQUE Bone Guard Forté**, an exclusive nutritional formula, provides 19 uniquely balanced, energized, and alkalizing bone builders.\* It is also your most complete, fully active, comprehensive mineral supplement.\*

The National Osteoporosis Foundation says that today 52 million Americans have osteoporosis and low bone mass. By 2025, osteoporosis is predicted to be responsible for approximately 3 million fractures a year.\*

Consider the following avoidable outcomes:

- One in two women over age 50 will break a bone due to osteoporosis.\*
- One in four men will develop an osteoporosis-related fracture.\*

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

## PERQUE BONE GUARD FORTÉ SUPERIORITY

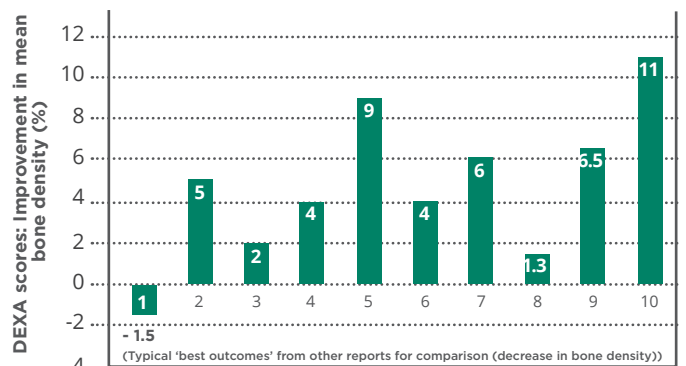
**PERQUE Bone Guard Forté** provides 19 fully potent, transporter-energized, bioactive, bone-building nutrients in forms the body can fully use.\* Consider the following:

- Calcium is one of the most clinically studied nutrients for bone health. **PERQUE Bone Guard Forté** provides six 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 500 mg. of magnesium in six fully soluble, completely ionized forms for optimal action.\*

- Boron plays an important role in calcium and magnesium metabolism. It also works with vitamin D3 to boost the body's uptake of calcium.\*
- Zinc promotes bone mass by influencing hormonal action.\*
- Strontium improves bone mineral density.
- Vitamin K1 and K2 have been shown to reduce the incidence of fractures.

Sample Representation of Gains in Bone Mineral Density From Using the Alkaline Way Over a Two Year Period



Bone Density in Individuals Following Alkaline Way/Multi-Nutrient Protocol

# Bone & Joint

Now with biotin and iodine in addition to l-selenomethionine, chromium citrate and vanadium citrate, **PERQUE Bone Guard Forté** is an even more complete mineral and enhanced bone support formulation. 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.\*

## REFERENCES

1. Brown SE. Better Bones, Better Body. New Canaan: Keats Publishing, Inc., 2nd /ed., 2000.
2. Jajoo R, Song L, Rasmussen H, Harris SS, Dawson-Hughes B. Dietary acid-base balance, bone resorption, and calcium excretion. *J Am Coll Nutr* 2006 Jun;25(3):224-30.
3. Mitch WE. Metabolic and clinical consequences of metabolic acidosis. *J Nephrol* 2006 Mar-Apr; 19 Suppl9:570-5.
4. Lips P. Calcium and vitamin D in the prevention and treatment of osteoporosis - a clinical update. *J Intern Med* 2006 Jun;259(6):539-52.
5. Devirian TA, Volpe SL. The physiological effects of dietary boron. *Rev Food Sci Nutr* 2003;43(2):219-31.
6. Cockayne S, Adamson J, Lanham-New S, Shearer MJ, Gilbody S, Torgerson DJ. Vitamin K and the prevention of fractures: systematic review and meta-analysis of randomized controlled trials. *Arch Intern Med* 2006 Jun 26;166(12):1256-61.
7. Malaise O, Bruyere O, Reginster JY. Strontium ranelate normalizes bone mineral density in osteopenic patients. *Aging Clin Exp Res* 2007 Aug;19(4):330-3.
8. A role for biotin in bone growth. *Nutr Rev*. 1989 May;47(5):157-9.
9. Wexler JA, Sharretts J. Thyroid and bone. *Endocrinol Metab Clin North Am* 2007 Sep;36(3):673-705, vi.
10. NOF (2002) America's Bone Health: State of Osteoporosis and low bone mass in our nation.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE 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:

- 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.

## Full disclosure label (no hidden or inactive ingredients)

**Directions:** As a dietary supplement, take four (4) tabsules daily in divided doses with meals or as directed by your health professional.

### Typical Dosage

Healthy bone maintenance.....2-4 tabsules/day  
 Family or personal osteoporosis risk.....4-6 tabsules/day  
 Repair or known osteoporosis.....6-8 tabsules/day

## SUPPLEMENT FACTS

Serving size: 4 Tabsules  
 Servings per container: 25 or 60

19 Energized, bone-building Elemental Minerals and Nutrients**	Amount per serving	%Daily Value
Vitamin C (100% l-ascorbate, fully reduced, corn free) .....	200 mg.	330
Vitamin D3 (as cholecalciferol) .....	10 mcg.	100
Vitamin K-1 (as phylloquinone) .....	750 mcg.	937
Vitamin K-2 .....	250 mcg.	312
Biotin .....	250 mcg.	83
Calcium (as acetate, glycinate, succinate, malate, fumarate, and citrate) .....	500 mg.	50
Magnesium (as acetate, glycinate, succinate, malate, fumarate, citrate, and C16 and C18 alkyls†) .....	500 mg.	125
Zinc (as citrate) .....	10 mg.	100
Manganese (as citrate) .....	15 mg.	750
Chromium (as citrate) .....	250 mcg.	208
Selenium (as 100% l-selenomethionine) .....	250 mcg.	357
Copper (as sebecate) .....	1 mg.	50
Iodine .....	3 mg.	2000
Iodide (as potassium iodide) .....	150 mcg.	100
Boron (as citrate) .....	6 mg.	*
Vanadium (as citrate) .....	250 mcg.	*
Silica (from calcium silicate from horse tail/equisetum) .....	10 mg.	*
Strontium (as citrate) .....	50 mg.	*
Vegetable fiber (organic croscarmellose) .....	400 mg.	*

\* Daily value not established

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

†From whole, untreated palm fruit and leaf

Other Ingredients: None

SF061421



Feel the **PERQUE** Difference!

\*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.

**PERQUE LLC** Phone: 800.525.7372 Fax: 703.450.2995 Email: clientservices@PERQUE.com www.PERQUE.com