

PERQUE®

Life Guard™ Mini



40 ESSENTIAL NUTRIENTS
PROTECT HEART, BODY, AND BRAIN

PERQUE Life Guard Mini tabsules provide an advanced, 100% active ingredient formula proven in placebo-controlled studies. They have all of the same proven benefits of **PERQUE Life Guard** in a smaller, easier-to-swallow tabsule for increased dosage control and patient satisfaction.

PERQUE Life Guard Mini is formulated using a synergistic combination of vitamins, fully ionized elemental minerals, and active cofactors that enhance uptake. Each of the 40 nutrients packed into this powerful and compact super multi is provided in the optimal and the most functional amounts, using only those mixed nutrient forms found in nature and proven through research to be safe and effective.

ADVANCED FORMULA

Vitamins

- Vitamin A
- Vitamins B1, B2, B3, B5 & B6
- Vitamin B12 in the biologically preferred hydroxocobalamin form
- Natural folates
- Para-aminobenzoic acid
- Biotin
- Vitamin C in the form of 100% l-ascorbate that's fully reduced and corn free
- Vitamin D3 in the preferred cholecalciferol form
- Vitamins E from mixed, natural tocopherols
- Vitamin K1

Fully Ionized Elemental Minerals

- Potassium in the citrate form
- Calcium in the form of ascorbate, pantothenate, citrate, fumarate, malate, and succinate
- Magnesium in the form as citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls
- Zinc in the form of picolinate
- Boron in the form of ascorbate
- Chromium in the form of picolinate
- Manganese in the form of ascorbate
- Molybdenum in the form of ascorbate
- Selenium in the form of l-selenomethionine
- Vanadium in the form of citrate

Active Cofactors

- Quercetin dihydrate
- L-aspartic acid
- Trimethylglycine
- Tocotrienols including triacontanol, hexacosanol, and octacosanol
- Krebs' salts for energy
- Vegetable fiber (croscarmellose)



Feel the **PERQUE** Difference!

Multivitamin/Multimineral

KEY BENEFITS

- Improves nutrient deficits
- Supplements essential nutrients and minerals that aren't acquired through diet
- Supports and maintains overall good health
- Includes energizing co-factors and transporters that ensure nutrient uptake by the body
- Half strength allows more dosing flexibility

NOVEL DELIVERY SYSTEM: TABSULE (TABLET + CAPSULE)

- Proprietary and revolutionary delivery method
- Combines all the advantages and efficacy of a capsule with the convenience and enhanced shelf life of a tablet
- Guarantees 100% bioavailability as proven through a double blind, placebo-controlled clinical trial

REFERENCES

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.
2. Stephen AI, Avenell A.A systematic review of multivitamin and multimineral supplementation for infection. *Hum Nutr Diet* 2006 Jun;19(3):179-90.
3. Traynor NJ, McKenzie RC, Beckett GJ, Gibbs NK
Selenomethionine inhibits ultraviolet radiation-induced p53 transactivation. *Photodermatol Photoimmunol Photomed* 2006 Dec;22(6):297-303.
4. Venkateswaran V, Fleshner NE, Klotz LH. Modulation of cell proliferation and cell cycle regulators by vitamin E in human prostate carcinoma cell lines. *J Urol* 2002 Oct;168(4 Pt 1):1578-82.

Full Disclosure Label (no hidden ingredients)

Directions: As a dietary supplement, take two (2) tabsules with a meal or as directed by health professional. **Best if taken with meals.** Alternative daily dose as follows:

Low stress, healthy 2-4 tabsules/day
 Moderate stress, unwell 6-8 tabsules/day
 High stress, training 10-12 tabsules/day

SUPPLEMENT FACTS

Serving size: 2 Tabsules
 Servings per container: 30 or 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamins:		
Vitamin A (beta-carotene)	1,500 mcg. RAE	167
Vitamin C (100% L-ascorbate, fully reduced)	75 mg.	83
Vitamin D-3 (cholecalciferol)	5 mcg.	25
Vitamins E (from mixed natural tocopherols)**	67 mg.	447
Vitamin K-1 (phyloquinone)	250 mcg.	208
Vitamin B-1 (thiamine HCl)	50 mg.	4,167
Vitamin B-2 (riboflavin 22.6 mg; riboflavin 5'-phosphate 5 mg.)	27.6 mg.	2,123
Vitamin B-3 (niacin 12.5 mg NE; niacinamide 37.5 mg. NE)	50 mg. NE	313
Vitamin B-5 (calcium d-pantothenate)	50 mg.	500
Vitamin B-6 (pyridoxine HCl, 80 mg.; pyridoxal 5'-phosphate, 20 mg.)	100 mg.	5,882
Vitamin B-12 (hydroxocobalamin)	100 mcg.	4,167
Folate (calcium folinate 170 mcg DFE; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 170 mcg. DFE)	340 mcg. DFE	85
Biotin (pure crystalline)	250 mcg.	833
Elemental Minerals:		
Potassium (as citrate)	49.5 mg.	1
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate)	25 mg.	2
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls ¹)	50 mg.	12
Zinc (as picolinate)	12.5 mg.	114
Chromium (as picolinate)	100 mcg.	286
Manganese (as ascorbate)	7.5 mg.	326
Molybdenum (as ascorbate)	50 mcg.	111
Selenium (as L-selenomethionine)	25 mcg.	45
Vanadium (as citrate)	50 mcg.	*
Boron (as ascorbate)	1 mg.	*
Active Cofactors:		
PABA (para-aminobenzoic acid)	15 mg.	*
Quercetin dihydrate (water-soluble bioflavonoid)	50 mg.	*
L-aspartic acid (magnesium aspartate)	25 mg.	*
Trimethylglycine (betaine HCl)	25 mg.	*
Triacanthanol (policosanol)	73.6 mcg.	*
Hexacosanol (policosanol)	36.8 mcg.	*
Octacosanol (policosanol)	455.7 mcg.	*
Citrate	29.5 mg.	*
Fumarate	29.5 mg.	*
Malate	29.5 mg.	*
Succinate	29.5 mg.	*
Vegetable fiber	114 mg.	*
Croscarmellose	88 mg.	*
Natural Vanilla	60 mg.	*
Organic Sunflower Oil	1 mg.	*

¹from whole untreated palm leaf and fruit
 *Daily value not established

**Vitamins E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used.

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THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Life Guard Mini** 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.



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.

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