

PERQUE

Life Guard™ Tabsules

40 Essential Nutrients Protects
Heart, Body, and Brain

180 Count
Dietary Supplement
Patents Pending



KEEP OUT OF REACH OF CHILDREN. Must be stored with cap on tightly in a cool, dry place. Do not use product if the tamper-resist shrink band around the cap or the inner seal beneath the cap appears to have been tampered with or is missing. **WARNING:** Pregnant and nursing mothers need to check with their health professional before taking supplements.

UNIQUELY PERQUE

100% ACTIVE 100% NATURAL 100% VERIFIED



Researched, uniquely formulated,
& exclusively distributed by:
PERQUE Integrative Health, USA

Full disclosure label (no hidden or inactive ingredients)

Directions: As a dietary supplement, take two (2) tabsules with meals or as directed by your health professional. **Best if taken with meals.** Alternative daily doses as follows:
Low stress, healthy..... 1-2 tabsules/day
Moderate stress, unwell..... 3-4 tabsules/day
High stress, training..... 5-6 tabsules/day

SUPPLEMENT FACTS

Serving size: 2 Tabsules
Servings per container: 90

Energized Nutrients

	Amount per serving	% Daily Value
Vitamins:		
Vitamin A (beta-carotene).....	5,000 IU	100
Vitamin B-1 (thiamine HCl).....	100 mg	6,666
Vitamin B-2 (riboflavin 40 mg; riboflavin 5-phosphate, 10 mg).....	50 mg	2,941
Vitamin B-3 (niacin).....	25 mg	125
Vitamin B-3 (niacinamide).....	75 mg	375
Vitamin B-5 (calcium d-pantothenate).....	100 mg	1,000
Vitamin B-6 (pyridoxine HCl, 160 mg; pyridoxal 5'-phosphate, 40 mg).....	200 mg	10,000
Vitamin B-12 (hydroxocobalamin).....	200 mcg	3,333
Folate (as calcium folinate).....	200 mcg	100
(6S)-5-Methyltetrahydrofolate (as Quatrefolic®).....	200 mcg	•
PABA (para-aminobenzoic acid).....	30 mg	166
Biotin (pure crystalline).....	500 mcg	250
Vitamin D-3 (cholecalciferol).....	150 mcg	250
Vitamin E (100% l-ascorbate, fully reduced, corn free).....	400 IU	100
Vitamin K-1 (from mixed natural tocopherols)**.....	200 IU	667
Vitamin K-1 (phylloquinone).....	500 mcg	625
Elemental Minerals:		
Potassium (as citrate).....	99 mg	3
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate).....	50 mg	5
Magnesium (as C16 and C18 alkyls).....	100 mg	25
Zinc (as picolinate).....	25 mg	167
Boron (as ascorbate).....	2 mg	•
Chromium (as picolinate 50%, ascorbate 50%).....	200 mcg	167
Manganese (as ascorbate).....	15 mg	750
Molybdenum (as ascorbate).....	100 mcg	133
Selenium (as l-selenomethionine).....	50 mcg	71
Vanadium (as ascorbate).....	100 mcg	•

Active Co-factors:

Quercetin dihydrate (water-soluble bioflavonoid).....	100 mg	•
L-Aspartic acid (magnesium aspartate).....	50 mg	•
Trimethylglycine (betaine HCl).....	50 mg	•
Tocothrienols:		
Tricoctanol (polycosanol).....	774 mcg	•
Hexacosanol (polycosanol).....	33 mcg	•
Tetraacosanol (polycosanol).....	193 mcg	•
Octacosanol (polycosanol).....	500 mcg	•
Citrate.....	59 mg	•
Fumarate.....	59 mg	•
Malate.....	59 mg	•
Succinate.....	59 mg	•
Vegetable fiber (organic crosscellulose).....	170 mg	•

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

*from whole, untreated palm fruit and leaf

*Daily value not established by FDA

OTHER INGREDIENTS: NATURAL VANILLA FOR FRESHNESS