

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-resistant 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, Ashburn, VA 20147 USA

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



PERQUE

Life Guard mini™ Tabsules

40 Essential Nutrients
Multivitamin/Multimineral
Supplement

180 Tabsules



Full Disclosure Label (no hidden ingredients)
Please read carefully. 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: 90

	Amount per serving	% Daily Value
Vitamins:		
Vitamin A (beta-carotene).....	2,500 IU	50
Vitamin B-1 (thiamine HCl).....	50 mg.	3,333.3
Vitamin B-2 (riboflavin 22.6 mg; riboflavin 5'-phosphate, 5 mg).....	27.6 mg.	1,623.4
Vitamin B-3 (niacin 12.5 mg; niacinamide 37.5 mg).....	50 mg.	250
Vitamin B-5 (calcium d-pantothenate).....	50 mg.	500
Vitamin B-6 (pyridoxine HCl, 88 mg. pyridoxal 5'-phosphate, 20 mg).....	100 mg.	5,000
Vitamin B-12 (hydroxocobalamin).....	100 mcg.	1,666.5
Folate (calcium folinate 100 mcg; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 100 mcg.).....	200 mcg.	50
PABA (para-aminobenzoic acid).....	15 mg.	83
Biotin (pure crystalline).....	250 mcg.	125
Vitamin C (100% l-ascorbate, fully reduced).....	75 mg.	50
Vitamin D-3 (cholecalciferol).....	200 IU	333.5
Vitamins E (from mixed natural tocopherols)**.....	100 IU	333.5
Vitamin K-1 (phytylquinone).....	250 mcg.	312.5
Elemental Minerals:		
Potassium (as citrate).....	49.5 mg.	1.5
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate).....	25 mg.	2.5
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls).....	50 mg.	12.5
Zinc (as picolinate).....	12.5 mg.	83.5
Chromium (as picolinate).....	100 mcg.	83.5
Manganese (as ascorbate).....	75 mg.	375
Molybdenum (as ascorbate).....	50 mcg.	66.5
Selenium (as l-selenomethionine).....	25 mcg.	35.5
Vanadium (as ascorbate).....	50 mcg.	.
Boron (as ascorbate).....	1 mg.	.
Active Co-factors:		
Quercetin dihydrate (water-soluble bioflavonoid).....	50 mg.	.
L-aspartic acid (magnesium aspartate).....	25 mg.	.
Trimethylglycine (betaine HCl).....	25 mg.	.
Tocotrienols:		
Triacantanol (policosanol).....	73.6 mcg.	.
Hexacosanol (policosanol).....	36.8 mcg.	.
Octacosanol (policosanol).....	368 mcg.	.
Citrate.....	29.5 mg.	.
Fumarate.....	29.5 mg.	.
Malate.....	29.5 mg.	.
Succinate.....	29.5 mg.	.
Vegetable fiber (organic croscarmellose).....	117.8 mg.	.
Natural Vanilla.....	60 mg.	.
Organic Sunflower Oil.....	1.6 mg.	.

*From whole untreated palm leaf and fruit
**Daily value not established
**Vitamin E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used.