

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



DOES NOT CONTAIN: citrus, MSG, wheat, gluten, corn, starch, sugar, soy, yeast, zein, sulfates, phosphates (other than coenzymes), preservatives, casein or other milk derivatives.

NO GMO's; NO toxic minerals or metals

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

60 Tabsules



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: 30

Energized Nutrients

	Amount per serving	% Daily Value
Vitamins:		
Vitamin A (beta-carotene).....	2,500 IU	50
Vitamin B-1 (thiamine HCl).....	50 mg	3,333
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, 80 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	*
Biotin (pure crystalline).....	250 mcg	83
Vitamin C (100% L-ascorbate, fully reduced).....	75 mg	125
Vitamin D-3 (cholecalciferol).....	200 IU	50
Vitamin 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, panthenate, citrate, fumarate, malate and succinate).....	25 mg	2.5
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C-16 and C-18 alkyls).....	50 mg	12.5
Zinc (as picolinate).....	12.5 mg	83.5
Chromium (as picolinate).....	100 mcg	83.5
Manganese (as ascorbate).....	7.5 mg	375
Molybdenum (as ascorbate).....	50 mcg	66.5
Selenium (as L-selenomethionine).....	25 mcg	35.5
Vanadium (as citrate).....	50 mcg	*
Boron (as ascorbate).....	1 mg	*
Active Colorants:		
Quercetin dihydrate (water-soluble bioflavonoid).....	50 mg	*
L-Aspartic acid (magnesium aspartate).....	25 mg	*
Trimethylglycine (betaine HCl).....	25 mg	*
Tetraonol (polycosanol).....	73.6 mcg	*
Hexacosanol (polycosanol).....	36.8 mcg	*
Octacosanol (polycosanol).....	455.7 mcg	*
Citrate.....	29.5 mg	*
Fumarate.....	29.5 mg	*
Malate.....	29.5 mg	*
Succinate.....	29.5 mg	*
Vegetable fiber (organic ascorbate).....	117.8 mg	*
Natural Vanilla.....	60 mg	*
Organic Sunflower Oil.....	1.6 mg	*

*From whole, untreated palm fruit and leaf
**Daily value not established

Other ingredients: None

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