

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
800-525-7372

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)

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: 90

	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.	1,023.4
Vitamin B-3 (niacin 12.5 mg; niacinamide 37.5 mg)	50 mg.	250
Vitamin B-5 (calcium d-pantothenate)	100 mg.	5,000
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
Vitamins E (from mixed natural tocopherols)**	100 IU	333.5
Vitamin K-1 (phyloquinone)	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)	7.5 mg.	37.5
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 Cofactors:		
Quercetin dihydrate (water-soluble bioflavonoid)	50 mg.	*
L-aspartic acid (magnesium aspartate)	25 mg.	*
Trimethylglycine (betaine HCl)	25 mg.	*
Triacanthol (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	340 mg.	*
Croscarmellose	88 mg.	*
Natural Vanilla	60 mg.	*
Organic Sunflower Oil	10 mg.	*

from whole untreated palm leaf and fruit

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