

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™ Tabsules

40 Essential Nutrients
Multivitamin/Multimineral
Supplement

180 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: 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 44 mg; riboflavin 5'-phosphate, 10 mg).....	54 mg	3,176
Vitamin B-3 (niacin 25 mg; niacinamide 75 mg).....	100 mg	500
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 (calcium folinate 200 mcg; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 200 mcg).....	400 mcg	100
PABA (para-aminobenzoic acid).....	30 mg	*
Biotin (pure crystalline).....	500 mcg	166
Vitamin C (100% L-ascorbate, fully reduced).....	150 mg	250
Vitamin D-3 (cholecalciferol).....	400 IU	100
Vitamins E (from mixed natural tocopherols)**.....	200 IU	667
Vitamin K-1 (phyloquinone).....	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 ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls).....	100 mg	25
Zinc (as picolinate).....	25 mg	167
Chromium (as picolinate).....	200 mcg	167
Manganese (as ascorbate).....	15 mg	750
Molybdenum (as ascorbate).....	100 mcg	133
Selenium (as L-selenomethionine).....	50 mcg	71
Vanadium (as citrate).....	100 mcg	*
Boron (as ascorbate).....	2 mg	*
Active Cofactors:		
Quercetin dihydrate (water-soluble bioflavonoid).....	100 mg	*
L-aspargic acid (magnesium aspartate).....	50 mg	*
Trimethylglycine (betaine HCl).....	50 mg	*
Triacanthol (pollicosanol).....	147 mcg	*
Hexacosanol (pollicosanol).....	73.5 mcg	*
Octacosanol (pollicosanol).....	911.4 mcg	*
Citrate.....	59 mg	*
Fumarate.....	59 mg	*
Malate.....	59 mg	*
Succinate.....	59 mg	*
Vegetable fiber (organic crosscellulose).....	216 mg	*
Natural Vanilla.....	100 mg	*
Organic Sunflower Oil.....	2 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.