

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
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†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™ Chewables

24 Essential Nutrients for
Healthier Kids, Teens, and Elders

Multivitamin/Multimineral
Supplement

90 Chewable Tablets



Full Disclosure Label (no hidden ingredients)
Directions: As a dietary supplement, take one (1) chewable tablet daily or as directed by your health professional.

SUPPLEMENT FACTS

Serving size: 1 Chewable
Servings per container: 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamin A (beta-carotene)	1500 mcg RAE	100
Vitamin B-1 (thiamine HCl)	5 mg.	333
Vitamin B-2 (riboflavin)	5 mg.	294
Vitamin B-3 (niacinamide)	8 mg. NE	40
Vitamin B-5 (calcium d-pantothenate)	5 mg.	50
Vitamin B-6 (pyridoxine)	5 mg.	250
Vitamin B-12 (hydroxycobalamin)	5 mcg.	83
Vitamin C (100% L-ascorbate, fully reduced, corn free)	60 mg.	100
Vitamin D-3 (cholecalciferol)	5 mcg.	25
Vitamins E (from mixed natural tocopherols)	20 mg. DFE	150
Folate (as calcium folinate)	400 mcg DFE	100
Calcium gluconate	50 mg.	5
Magnesium gluconate	25 mg.	6
Manganese (as gluconate)	1 mg.	50
Zinc (as citrate and aspartate)	5 mg.	33
Chromium (as picolinate and ascorbate)	2 mcg.	2
Selenium (as selenomethionine)	2 mcg.	3
Biotin (pure crystalline)	60 mcg.	20
Choline (citrate)	2 mg.	*
Inositol	2 mg.	*
PABA (para-aminobenzoic acid)	0.5 mg.	*
Quercetin dihydrate (water-soluble bioflavonoid)	10 mg.	*
Potassium gluconate	2 mg.	<1
Silica (from equisetum botanical)	500 mcg.	*
Magnesium (as C16 and C18 alkyls from whole, untreated palm fruit and leaf)	30 mg.	*
Mannitol	200 mg.	*
Organic, whole cane juice	875 mg.	*
100% Whole raspberry fruit extract	45 mg.	*
100% Whole cherry fruit extract	7 mg.	*

*Daily value not established

Other Ingredients: None