

PERQUE

Hair Skin & Nails Guard™ Tabsules

Created for you by me, Dr. Russell Jaffe, and **PERQUE's** team of advanced nutritionists, biochemists and physicians, **PERQUE Hair Skin & Nails Guard** reveals and accentuates your natural beauty. **PERQUE Hair Skin & Nails Guard** restores and strengthens your health from within for the fullest hair, most youthful skin and strongest nails. Feel and see the difference that maximum potency, purity and bioavailability can make. Based on 25 years of experience re-thinking health, well being and beauty, **PERQUE Hair Skin & Nails Guard** is your most active, complete and advanced nutrient complex to reveal your most radiant beauty.



Benefits of **PERQUE Hair Skin & Nails Guard** All-Active Tabsules:

THICKER,
GLOSSIER
HAIR

MORE
RADIANT,
BEAUTIFUL
SKIN

SHINIER,
STRONGER
NAILS

INCREASED
HAIR
AND NAIL
GROWTH



Key Ingredients for Advanced Nutrient Support

Biotin

Biotin, like other B-complex vitamins, is a key ingredient in the proteins (collagen, elastin and keratin) that make up your hair, skin and nails. Each serving of **PERQUE Hair Skin & Nails Guard** provides a generous 2.5 mg of naturally sourced, fully-active biotin, in synergy with other key nutrients, to create the nutritional support you need for radiant hair, skin and nails. Each serving of **PERQUE Hair Skin & Nails Guard** helps to smooth and minimize skin lines and wrinkles; provide hair resilience, bounce and plumpness; and make hair and nails thick and strong.

L-Lysine and Zinc

L-lysine benefits your skin by playing a key role in elastin and collagen formation. It helps prevent wrinkles and repairs damage to your skin. Each serving of **PERQUE Hair Skin & Nails Guard** provides 200 mg of L-lysine, in combination with complementary nutrients—most importantly, zinc. Zinc, in tandem with L-lysine, combats acne and repairs and renews your skin to reveal a fresher complexion.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



Additional 100% All-Active Ingredient Features

- **Calcium and vitamin D** support, to ensure well-balanced nutrition as the foundation for healthy hair, skin and nails.
- **Vitamin K1 and K2** to strengthen bones, and benefit all solid structures – tendons, ligaments, hair, nails and teeth.
- **200 mg of vitamin C** to help build collagen and provide essential antioxidant support. Antioxidants fight damage already done to skin.
- Comprehensive trace mineral support, including **silica, chromium, manganese, iodine, selenium and zinc**; trace minerals support general well being and the healthy appearance of hair, skin and nails.
- **Silica** is vital to collagen formation, and ensuring hair, skin and nails receive proper nutrient support.
- **Copper** helps to form strong, flexible connective tissues, and strong muscles, nerves and immune system.
- 100 mcg of **iodine** to fortify integumentary tissues weakened by hypothyroidism (underactive thyroid).

Scientific Evidence:

1. Cashman MW, Sloan SB. Nutrition and nail disease. Clin Dermatol. 2010 Jul-Aug;28(4):420-5.
2. Scheinfeld N, Dahdah MJ, Scher R. Vitamins and minerals: their role in nail health and disease. J Drugs Dermatol. 2007 Aug;6(8):782-7.
3. Singh BB, Udani J, Vinjamury SP, Der-Martirosian C, Gandhi S. Safety and effectiveness of an L-lysine, zinc, and herbal-based product on the treatment of facial and circumpolar Herpes. Altern Med Rev. 2005.

4 PERQUE HAIR SKIN & NAILS GUARD TABSULES PROVIDE

Vitamin C (100% L-ascorbate, fully reduced, corn free).....	200 mg.
Vitamin D-3 (as cholecalciferol).....	400 IU
Vitamin K-1 (as phylloquinone)	750 mcg.
Biotin	2.5 mg.
Calcium (as acetate, glycinate, succinate, malate, fumarate and citrate).....	250 mg.
Magnesium (as acetate, glycinate, succinate, malate, fumarate and citrate).....	500 mg.
Zinc (as citrate).....	10 mg.
Manganese (as citrate).....	11 mg.
Chromium (as citrate)	50 mcg.
Selenium (as L-selenomethionine)	250 mcg.
Copper (as sebecate).....	1 mg.
Iodine	100 mcg.
Iodide (as potassium iodide)	150 mcg.
Strontium (as gluconate)	50 mg.
Boron (as citrate)	6 mg.
Vanadium (as ascorbate)	50 mcg.
Silica (from Magnesium trisilicate from horse tail/Equisetum)	10 mg.
L-lysine	200 mg.
Magnesium (as C16 C18 alkyls)	360 mg.
Croscarmellose.....	200 mg
*from whole untreated palm fruit and leaf	

OTHER INGREDIENTS: NONE

WARNING:

Pregnant and nursing mothers need to check with their health professional before taking supplements.

TYPICAL DOSAGE:

As a dietary supplement, take four (4) tabsules in divided doses with meals or as directed by your health professional.



THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Hair Skin & Nails Guard** comes with a 100%, unconditional, money-back guarantee – the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- Every **PERQUE** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **PERQUE** product is pharmaceutical-grade or better.
- All **PERQUE** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **PERQUE** products — no hidden ingredients.
- Every **PERQUE** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/ milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- Unique post-production assays and clinical bioassays assure product integrity.

YOUR QUALITY ASSURANCE

Every **PERQUE** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.