

PERQUE

Potent C Guard™

BUFFERED ASCORBATES

WHY PERQUE POTENT C GUARD IS BETTER

When evaluating vitamin C, choose the supplement with the most health-promoting impact. **PERQUE Potent C Guard** is the most powerful form of vitamin C on the market today.*

The scientific literature has confirmed vitamin C's key role in

1. Immune system function
2. Collagen repair and formation
3. Joint function
4. Energy production
5. Antioxidant protection and function
6. Detoxification, and more

PERQUE Potent C Guard enhances hormone production and function as needed, and helps the body to adapt better. In addition, it is important to take the amount of ascorbate needed to keep an adequate supply in the cells. This varies based on levels of distress, toxins, acute and delayed allergy reactions, and cell buffering/ alkaline reserve. Optimum ascorbate use is based on calibration of need (see ascorbate calibration instructions) or as directed by your health professional.**

PERQUE POTENT C GUARD IS YOUR ONLY CHOICE:

PERQUE Potent C Guard is a pH-balanced, vegetarian, allergen-free, and completely buffered mineral ascorbate. It uses 100% l-ascorbate, fully reduced, corn free, which works harder, more quickly and more persistently in the body.*

PERQUE Potent C Guard prevents free radicals from harming the ascorbate. Also, the cofactors, metabolites, and transporters in **PERQUE Potent C Guard** powerfully enhance absorption and tissue action. In addition, Potent C Guard is free of the side effects associated with other vitamin C supplements.*

PERQUE Potent C Guard contains a balance of essential minerals: calcium, magnesium, potassium, and zinc. Most Americans are deficient in one or more of these key minerals, due to stress, ill health, food processing, toxins, and other factors.*

PERQUE Potent C Guard tastes better than other vitamin C powders, so you are more likely to stick with it. When mixed with water or juice, it produces a tasty, slightly effervescent drink.*

PURITY, PURITY, PURITY

PERQUE Potent C Guard is produced with an exclusive, triple recrystallization process. This innovative technique creates a product with unprecedented purity and bioactivity.*

ASCORBATE AND BLOOD PRESSURE

Buffered Ascorbate (vitamin C): Blood pressure reduction:

PERQUE Potent C Guard is your safer, more effective choice. Obesity, alcohol consumption, physical inactivity, and a high-fat/protein/sugar diet can induce high blood pressure, in part through insulin resistance (Syndrome X). The greatest benefit comes from full tissue saturation of fully reduced and fully buffered ascorbate.*

Benefits are based on:

- Protects delicate endothelial cells that line blood vessels from free radical and toxin damage.
- Increases nitrous oxide (nature's small vessel relaxation molecule) thus lowering blood pressure via enhanced biopterin action.
- Induces the production of collagen.*

L-ASCORBATE FULLY REDUCED,
FULLY BUFFERED
OVER 300 PEER-REVIEWED STUDIES



Get the lead out: **PERQUE Potent C Guard** is effective at lowering the body's burden of toxic minerals such as lead, mercury, cadmium, arsenic, and nickel. This action occurs both by decreasing uptake of toxic minerals from the intestine and by increasing renal and stool excretion of toxic minerals.*

ONE PERQUE POTENT C GUARD ROUNDED HALF-TEASPOON PROVIDES

ENERGIZED NUTRIENTS

Vitamin C (as 100% l-ascorbates, fully reduced and buffered)	1,584 mg
Potassium (as ascorbate).....	99 mg.
Calcium (as ascorbate).....	40 mg.
Magnesium (as ascorbate).....	16 mg.
Zinc (as ascorbate)	600 mcg.

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 one rounded half-teaspoon mixed with four (4) ounces of liquid or as directed by your health professional. Wait for effervescence to stop before drinking. Use only dry measuring spoons. Keep tightly capped and moisture free.

Available in 8-ounce and 16-ounce bottles.

Also available as 1,000 mg. ascorbate (as calcium ascorbate) tabsules in bottles of 100 and 250 tabsules.

NOTE: each rounded teaspoon contains 3.2 Grams of fully buffered ascorbate. Each 8-ounce bottle contains 143 servings with a total of 227 grams of ascorbate.

Each 16-ounce bottle contains 287 servings with a total of 454 grams of ascorbate.

** For information on how to do an ascorbate calibration (C cleanse), ask your health professional.

1. Appel LJ, Moore TJ, Obarzanek E, et al: A clinical trial of the effects of dietary patterns on blood pressure: DASH Collaborative Research Group. *NEJM* 1997; 336: 1117-1124.
2. Taddei S, Virdis A, Ghiadoni L, et al: Vitamin C improves endothelium-dependent vasodilation by restoring nitric oxide activity in essential hypertension. *Circulation* 1998; 97: 2222-2229.
3. Heller R, Unbehaun A, Schellenberg B, Mayer B, Werner-felmayer G, Werner ER. L-Ascorbic Acid Potentiates Endothelial Nitric Oxide Synthesis via a Chemical Stabilization of Tetrahydrobiopterin. *J Biol Chem* 2001; 276: 40-47.
4. Jaffe R. How to do an ascorbate (vitamin C) calibration ('C Flush') to determine personal need. *HSC, January 2001.*
5. Dawson EB, Evans DR, Harris WA, Teter MC, McGanity WJ. The effect of ascorbic acid supplementation on the blood lead levels of smokers. *JACN.* 1999; 18: 166-170. *Potent protection from atherosclerosis / ASHD: Lower your coronary and stroke risk by improved antioxidant, vessel health, and toxin reduction actions of PERQUE Potent C Guard. Homocysteine levels and risk are reduced; and aging is slowed by reduced free radical damage.**
6. Carr AC, Zhu BZ, Frei B. Potential antiatherogenic mechanisms of ascorbate (vitamin C) and alpha-tocopherol (vitamin E). *Circ Res* 2000; 87(5): 349-54.
7. Ames BN, Shigenaga MK, Hagen TM. Oxidants, antioxidants, and the degenerative diseases of aging. *Proc Natl Acad Sci USA.* 1993;90(17): 7915-22.
8. McCully K. Chemical pathology of homocysteine. III. Cellular function and aging. *Ann Clin Lab Sci.* 1994; 24(2): 134-52. *Raise cell energy and boost immune defense and repair competence with PERQUE Potent C Guard.**
9. Anderson R, Smit MJ, Joone GK, Van Staden AM. Vitamin C and cellular immune functions.. Protection against hypochlorous acid-mediated inactivation of glyceraldehyde-3-phosphate dehydrogenase and ATP generation in human leukocytes as a possible mechanism of ascorbate-mediated immunostimulation, *Ann N Y Acad Sci.* 1990; 587: 34-48.

*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.



THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Potent C 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.