

COMPLETE BONE HEALTH  
BONE DENSITY INCREASE  
GUARANTEED

# PERQUE BONE GUARD:

## ULTIMATE BONE PROTECTION

# BONE GUARD

### WHY YOU NEED BONE GUARD

**PERQUE Bone Guard**, an exclusive nutritional formula, provides 11 uniquely balanced, energized, and alkalinizing bone builders.

The National Osteoporosis Foundation predicts that, if left unchecked, the number of **people diagnosed with osteoporosis or low bone mass will increase by 50% — from 28 million (in 1990) to 41 million (in 2005).**

Consider the following avoidable outcomes:

- **One in two women over age 50 will develop osteoporosis.**
- **One in eight men will develop an osteoporosis-related fracture in his lifetime.**

Lifestyle factors, such as smoking, diet, and exercise, affect bone health and may lead to osteoporosis.

### BONE GUARD SUPERIORITY

**PERQUE Bone Guard** provides 11 fully potent, transporter-energized, bioactive, bone-building nutrients in forms the body can fully use. Consider the following:

- **Calcium** is the most clinically studied nutrient for bone health.

**PERQUE Bone Guard provides**

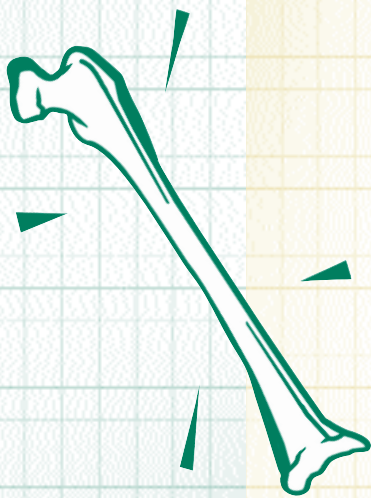
**four distinct, fully soluble, completely ionized forms of calcium** for maximum benefit.

• **Magnesium** deficiencies are a major reason for calcium and bone loss, and may contribute to brittle bones. **PERQUE Bone Guard contains four fully soluble, completely ionized forms of magnesium for optimal action.**

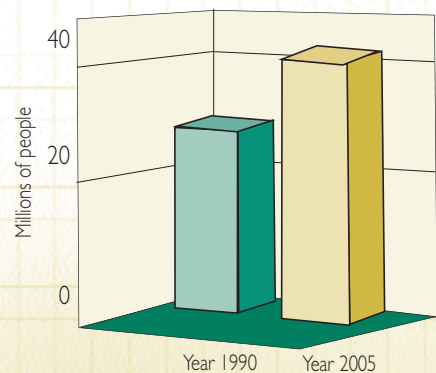
• **Boron** plays an important role in calcium and magnesium metabolism. It also works with **vitamin D-3** to boost the body's uptake of calcium.

• **Zinc** promotes bone mass by influencing hormonal action.

This **vegetarian, allergen-free formula provides a unique, complete, better bone building agent.** Each ingredient is 100% soluble, ionized, and fully bioactive.



**WITHOUT PERQUE BONE GUARD,  
THE PROJECTED RISE IN OSTEOPOROSIS**



—National Osteoporosis Foundation



## THREE BIOACTIVE TABLETS PROVIDE:



### **11 Energized Bone-building Elemental Minerals and Nutrients**

<b>Calcium</b> .....	<b>500 mg.</b> (as acetate, tartrate, fumarate, and carbonate)
<b>Magnesium</b> .....	<b>298 mg.</b> (as acetate, tartrate, fumarate, and stearate)
<b>Boron</b> (as citrate) .....	<b>6 mg.</b>
<b>Germanium sesquioxide</b> .....	<b>4 mg.</b>
<b>Zinc</b> (as citrate) .....	<b>10 mg.</b>
<b>Manganese</b> (as citrate) .....	<b>25 mg.</b>

<b>Copper</b> (as sebecate) .....	<b>1 mg.</b>
<b>Silica</b> (from magnesium trisilicate) .....	<b>10 mg.</b>
<b>Vitamin C</b> .....	<b>200 mg.</b> (corn-free ascorbate)
<b>Vitamin D-3</b> .....	<b>200 I.U.</b> (as 1,25 dihydroxycholecalciferol)
<b>Vitamin K-1</b> (as phylloquinone) .....	<b>500 mcg.</b>
<b>Vegetable fiber</b> .....	<b>378 mg.</b> (organic croscarmellose)

### **Typical Dosage**

Healthy bone maintenance .....	<b>1-2 tablets/day</b>
Family or personal osteoporosis risk ..	<b>3-4 tablets/day</b>
Repair or known osteoporosis .....	<b>5-6 tablets/day</b>

**Available in bottles of 100 and 250 tablets.**

## IMPROVE BONE HEALTH

Just as specific dietary and lifestyle factors promote bone health and protect against osteoporosis, other factors can also increase loss of bone mass, including:

- **Sodium** pulls large amounts of calcium into the kidneys, where it is subsequently excreted through the urinary tract.

- **Protein**, in excess of 60 grams per day, promotes the loss of calcium and other vital minerals through the urine.

- **Caffeine**-containing drinks have been found to trigger the loss of calcium through the kidneys and intestines. Research indicates that a lifetime daily consumption of two or more cups of caf-

feinated coffee or soda is linked with a reduction in bone density. The more of these beverages one ingests, the greater the loss.

- **Alcohol and tobacco** can also damage the bones. Heavy drinkers appear to be at higher risk of osteoporosis; they are also more susceptible to falls and other accidents. Heavy smokers typically have less bone density than non-smokers.

1. Sifton DW: *The PDR® Family Guide to Nutrition and Health*. Montvale: Medical Economics, 1995.
2. Brown SE: *Better Bones, Better Body*. New Canaan: Keats Publishing, Inc., 2<sup>nd</sup> /ed., 2000.

## THE PERQUE GUARANTEE

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

- If your patients' bone health, as measured by DEXA or equivalent bone density assessment, does not improve after two years of using **PERQUE Bone Guard**, we will refund your money. Builds your bones or your money back.
- 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.
- 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 wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, sulfate, yeast, soy, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- 100% vegetarian formula.
- 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.