



SYNERGISTIC FREE FORM  
CLINICALLY SUPERIOR TO SAME



# PERQUE

## MOOD GUARD:

DETOXIFIES THE BODY  
BALANCES BRAIN CHEMISTRY

# MOOD GUARD

### MOOD GUARD

#### MIND/BODY TUNE-UP

Mood disorders have become epidemic. Over **40 million Americans are taking prescription drugs for depression or anxiety.** As highly processed, fatty foods and chemical food additives have become staples of the American diet, unstable mental and emotional health have become all too common. **For optimum psychological health, the body must eliminate chemicals and toxins.** Nutrient deficits reduce the body's capacity for detoxification. Toxins and chemicals that are not properly cleared become free to interfere with the body's own chemicals and chemical messengers, particularly neurotransmitters, which affect mood and thought patterns. **PERQUE Mood Guard, with its free-form, active ingredients, is designed to support the elimination of chemicals and toxic build-up in the system.**

#### NATURAL SYNERGY

#### FOR A POSITIVE OUTLOOK

**PERQUE Mood Guard** is a natural alternative to prescription drugs. **Mood Guard** provides the synergy of essential nutrients that are necessary for mental and emotional stability:

- **L-methionine** is key to maintaining clear detoxification pathways in the liver and brain. **Mood Guard** supplies **L-methionine in its activated free form.** In the liver, the L-methionine in **Mood Guard** acts to **chelate heavy metals**, much-documented contributors to mental and emotional disorders. Research shows that **PERQUE Mood Guard** is superior to SAME (S-adenosylmethionine, which is converted in the body to methionine) as a natural anti-depressant.
- **Glycine**, used by the brain as a control neurotransmitter, **regulates sleep rhythms**, thereby producing calmness and aiding sleep. It also **sustains the phase II detoxification pathway** in the liver, neutralizing and clearing toxins.
- **Magnesium**, which is implicated in nerve irritability and mood instability, is also included in the **PERQUE Mood Guard** formula. **Required for nerve transmission**, adequate magnesium is necessary for maintaining normal mood levels.
- **L-aspartate** is also involved in brain and nervous system metabolism. Experts frequently recommend this supplement in its magnesium form for treating depression.





## TWO BIOCHEMICALLY FORMULATED CAPSULES PROVIDE:



### Energized Nutrients

<b>L-methionine</b> (free) . . . . .	<b>500 mg.</b>
<b>Glycine</b> (free) . . . . .	<b>500 mg.</b>
<b>L-aspartate</b> (magnesium) . . . . .	<b>500 mg.</b>
<b>Magnesium</b> (as aspartate and stearate) . . . . .	<b>.25 mg.</b>
<b>Vegetable fiber</b> (organic croscarmellose) . . . . .	<b>100 mg.</b>
<b>Kosher gelatin capsules</b> . . . . .	<b>.234 mg.</b>

### Typical dosage

As a dietary supplement, take two (2) capsules on an empty stomach upon rising and two (2) capsules before bed or as directed by your health professional.

Available in bottles of 100 capsules.

## IMPROVE YOUR MOOD AND MORE

Researchers are increasingly discovering the importance of methionine in the treatment of depression. In a random, double-blind, placebo-controlled trial, oral supplementation of S-adenosylmethionine significantly improved symptoms of major depression. In another study of patients with major depression, researchers found an inverse relationship between plasma levels of S-adenosylmethionine and symptoms of depression.

In a random, double-blind study, researchers evaluated the effects of magnesium supplementation on premenstrual symptoms. During the trial, women were asked to fill out a questionnaire to document their

symptoms. The researchers discovered that magnesium significantly affected test scores and concluded, "These data indicate that magnesium supplementation could represent an effective treatment of premenstrual symptoms related to mood changes."

Considering the importance of the liver in the detoxification process, the correlation between adequate L-methionine and liver health is vital. It has been documented that the promotion of bile flow and improvement of membrane function occur with appropriate supplementation. Detoxification is essential for physical and mental stability. **PERQUE Mood Guard** ensures liver health, which in turn ensures better physical and mental health.

1. Kagan BL, Sultzter DL, Rosenlicht N, Gerner RH: Oral S-adenosylmethionine in depression: a randomized, double-blind, placebo-controlled trial. *Am J Psychiatry* 1990 May; 147(5): 591-595.
2. Bell KM, Potkin SG, Carreon D, Plon L: S-adenosyl-L-methionine blood levels in major depression: changes with drug treatment. *Acta Neurol Scand Suppl* 1994; 154: 15-18.
3. Posaci C, Erten O, Uren A, Acar B: Plasma copper, zinc, and magnesium levels in patients with premenstrual tension syndrome. *Acta Obstet Gynecol* 1994; 73(6): 452-455.
4. Facchinetti F, Borella P, Sances G, Fioroni L, Nappi RE, Genazzani AR: Oral magnesium successfully relieves premenstrual mood changes. *Obstet Gynecol* 1991; 78(2): 177-181.
5. Frezza M, et al.: Oral S-adenosylmethionine in the symptomatic treatment of intrahepatic cholestasis: a double-blind, placebo-controlled study. *Gastroenterology* 1990; 99: 211-215.
6. Kakimoto H, et al.: Changes in lipid composition of erythrocyte membranes with administration of S-adenosyl-L-methionine in chronic liver disease. *Gastroenterologia Japonica* 1992; 27: 508-513.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Mood 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 wheat/gluten, corn/zein/starch, dairy/casein/whey/milk derivatives, yeast, soy, sulfate, 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.

