



RECRYSTALLIZED,  
FULLY REDUCED, FULLY BUFFERED  
OVER 300 PEER-REVIEWED STUDIES



# PERQUE

## POTENT C GUARD:

### BUFFERED ASCORBATES

#### WHY 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. **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.

**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 fully (100%) reduced ascorbate, which works harder, more quickly and more persistently in the body.

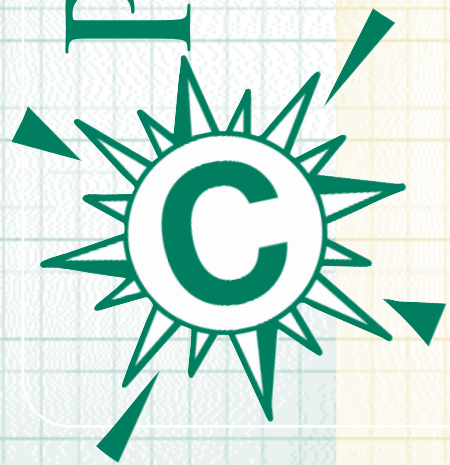
**PERQUE Potent C Guard** prevents free radicals from harming the ascorbate. Also, the cofactors, metabolites, and transporters in **Potent C Guard** powerfully enhance absorption and tissue action. In addition, **Potent C Guard** is free of the side effects associated with other vitamin C supplements.

**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.

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

POTENT C GUARD





## ONE ROUNDED HALF-TEASPOON PROVIDES:



### Energized Nutrients

**Vitamin C** (corn-free ascorbate) .... **1,584 mg.**

### Buffering, Essential, Energizing Minerals

**Potassium** (as ascorbate) ..... **99 mg.**

**Calcium** (as ascorbate) ..... **40 mg.**

**Magnesium** (as ascorbate) ..... **16 mg.**

**Zinc** (as ascorbate) ..... **600 mcg.**

### Typical Dosage

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. **Must be stored with cap on tightly in a cool, dry place.**

**Available in 8- and 16-ounce bottles. Also available in tablets with 1,000 grams of calcium ascorbate buffered in bottles of 100 and 250.**

**Note:** Each rounded teaspoon contains 3.2 grams of fully buffered ascorbate. Each 8-ounce bottle contains 113 servings with a total of 227 grams of ascorbate. Each 16-ounce bottle contains 227 servings with a total of 454 grams of ascorbate.

\* For information on how to do a "C flush," ask your health professional.

## ASCORBATE AND BLOOD PRESSURE

### Buffered Ascorbate (vitamin C): Multiple Benefits

#### 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

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, Unbehauen 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.

**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.

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 NY Acad Sci*. 1990; 587: 34-48.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **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.
- 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.