



ELIMINATE TOXINS\*  
IMPROVE DIGESTIVE TRANSIT\*

# PERQUE REGULARITY GUARD™

## TROPHORESTORATIVE DIGESTIVE HEALTH ELIMINATES CONSTIPATION & RESTORES HEALTHY TRANSIT TIMES

### PERQUE REGULARITY GUARD

When we are "regular," we just feel better... more energetic, more focused, more resilient. **Fiber** and **fluids** are keys to prebiotic health and essential, yet often overlooked, steps in digestive health. Proper, unprocessed fibers, in optimized balance, are better answers to constipation, dyspepsia, and to feeling heavy, fatigued, unfocused, or drained.

**PERQUE Regularity Guard** is a patent pending unique combination of health-promoting prebiotic fibers. Take in water or any beverage to bind toxins, accelerate their safer removal from the body, and nourish the rapid growth of healthy, digestion-promoting bugs. Ample healthy bugs crowd out and prevent the growth of pathogenic "bad" bugs.

**PERQUE Regularity Guard** for healthier...

- **blood sugar** and **insulin** levels, *whatever you eat*. Improved personal **glycemic** index results.
- blood **cholesterol** levels. Toxic bile acids and oxidized sterols are bound and eliminated.
- **lean muscle** content increases; less insulin resistance; less overweight (obesity).
- digestion from better **assimilation** and **elimination**.

### FEATURES AND BENEFITS OF PERQUE REGULARITY GUARD

1. **Zero calories; zero free sugar.**
2. **Healthier digestion and digestive protection due to unique, high lignan content, 80% soluble; 20% insoluble fiber.**
3. **Improves blood cholesterol levels naturally.**
4. **Better...**
  - **essential nutrient uptake.**
  - **vitamin production and uptake.**
  - **prebiotic proliferation.**
  - **mineral uptake; better buffering.**
  - **immune defense and repair functions all over.**
5. **Toxic minerals:** Block uptake via increased metallothionein to keep out or remove lead, mercury, cadmium, arsenic, and nickel; nature's toxic mineral trap.

6. **Improve mental clarity; reduce brain fog.**
7. **Enhance healthy, 12-18 hour transit time.**
8. **Promote resistance to and relief from intestinal parasites.**
9. **Dissolves easily in water or any beverage... a clear difference.**
10. **No hydrogenated oils or trans fatty acids.**

### PERQUE REGULARITY GUARD'S SPECIAL FORMULA

1. **No** sugars (Citrucel®)
2. **No** allergenic and irritating psyllium (Metamucil®)
3. **No** allergenic and dysbiosis promoting hydrolyzed guar (Benefiber®)
4. **No** stimulants like senna or caffeine (Senokot®)
5. **No** phenolphthalein inhibitors (Ex-Lax®).
6. **No** purgatives, laxatives, or other harsh agents... just safer, trophorestorative regularity, well guarded.

### PERQUE REGULARITY GUARD'S UNIQUE INGREDIENTS

1. **Oat bran: Special beta glucan from unprocessed oats** provides a unique source of scientifically proven helpful dietary fiber from the most digestible grain protein. Beta glucan has been scientifically demonstrated to promote healthy cholesterol, blood sugar, and insulin levels. FDA recognizes the scientific consensus that has been achieved on this health benefit and now allows a health claim to be made by unprocessed oats for promoting heart health and reducing heart disease. Instant or rolled oats are processed for convenience in ways that destroy the beneficial beta glucan fiber.

**PERQUE Regularity Guard** uses non-GMO, Scandinavian, specially prepared oats made without chemicals or solvents or excess heat. This leaves the structure of the oat-glucan undamaged and with 25-30% dietary fiber content rich in beta glucan.

# REGULARITY GUARD



## EACH SCOOP:



### Energized Nutrients

<b>Selenium</b> (as 100% l-selenomethionine) .....	<b>125 mcg</b>
<b>Gum acacia</b> .....	<b>3.5 gm</b> (standardized wild-crafted gum arabic)
<b>Glucomannan</b> (freeze-dried) .....	<b>2 gm</b>
<b>Oat fiber</b> (14% beta glucan; Oatwell 14®) .....	<b>1 gm</b>
<b>Dextran FOS</b> (short-chain prebiotics) .....	<b>500 mg.</b>
<b>OPC</b> .....	<b>12.5 mg.</b> (ActiVin IH636™; proanthocyanidins 92% soluble)
<b>Phosphatides</b> .....	<b>36 mg.</b> (includes phosphatidyl-choline, -ethanolamine, and inositol)

### 2. **Glucomannan**<sup>1</sup> in **PERQUE Regularity Guard** provides:

- Convenient, non-calorie fiber sources for digestive health.
- Promotes healthy cholesterol levels Promotes elimination of oxidized cholesterol and bile acids for **heart health**.
- Better gastrointestinal health: **Promotes regularity and good flora**.
- Decreases insulin surges in response to meals: **Better glycemic control**.
- Increases satiety: **Feeling full with less food**<sup>2</sup>.

### 3. **Acacia gum**<sup>3</sup> is a soothing and softening, whole prebiotic dietary fiber. It is also a natural emulsifier and stool stabilizer (less gas). Benefits include:

- Stimulates the growth of helpful bacteria in the large intestine (colon) to reverse or prevent candida or fungal over-growth.
- Promotes healthy (lower) total and LDL cholesterol.
- Enhances absorption of minerals from the diet; better buffering; less cellular acid excess; and healthier, more alkaline first morning urine pH.

### 4. **Fructooligosaccharides (FOS)** are fruit fibers that promote growth of healthy gut probiotics<sup>4</sup>.

- Improves digestion and absorption of essential nutrients, while enhancing detoxification and elimination of waste poisons.
- Promotes a healthy “good” bacteria while crowding out “bad” bacteria in the digestive tract, reversing or protecting from dysbiosis or pathogen growth.
- Relieves constipation, other gastrointestinal irritations (IBS) and lactose intolerance by producing lactase enzyme to chew up the milk sugar<sup>5</sup>.

### Typical Dosage

As a dietary supplement, take 7 grams (1 scoop) in water or juice one (1) to five (5) times daily or as directed by your health professional.

**Available in 8 oz. and 16 oz. powder containers.**

### 5. **Phosphatides** are needed by every cell in the body and are key building blocks of cell membranes. Phosphatides protect cells from oxidation and largely comprise the protective sheaths surrounding nerves<sup>6</sup>.

### 6. **Orthoproanthocyanidins (OPC), when fully soluble and low molecular weight (LMW)** are known to extend vitamin C benefits<sup>7</sup>.

- **Cell membranes:** Protect against both fat and water-soluble free radicals.
- **Brain double protection:** Able to cross the blood brain barrier and protect nerves from free radical damage.
- **Synergistic antioxidants:** Benefits both Vitamins C (ascorbate) and E (tocopherols).
- **Quench inflammation's** free radicals: Promote repair; block allergies while soothing irritable cells.
- **Apoptosis:** Enhance the effectiveness of the body's natural killer cells and boost its natural anti-cancer defenses.

## SCIENTIFIC SUPPORT

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2. Cairella M, Marchini G. Evaluation of the action of glucomannan on metabolic parameters and on the sensation of satiation in overweight and obese patients. *Clin Ter* 1995 Apr;146(4):269-74.
3. Wapnir RA, Teichberg S, Go JT, Wingertzahn MA, Harper RG. Oral rehydration solutions: Enhanced sodium absorption with gum arabic. *J Am Coll Nutr* 1996; 15, 377.
4. Gibson GR, Roberfroid MB. Dietary modulation of the human colonic microbiota. Introducing the concept of prebiotics. *J Nutr* 1995;125:1401-12.
5. Tahiri M, Tressol JC, Arnaud J, et al. Effect of short-chain fructooligosaccharides on intestinal calcium absorption and calcium status in postmenopausal women: a stable-isotope study. *Am J Clin Nutr* Feb 2003;77(2):449-57.
6. Cockram DB, Hensley MK, Rodriguez M, et al. Safety and tolerance of medical nutritional products as sole sources of nutrition in people on hemodialysis. *J Ren Nutr* Jan 1998;8(1):25-33.
7. Rasmussen SE, Frederiksen H, Struntze Krogholm K, Poulsen L. Dietary proanthocyanidins (OPCs): Occurrence, dietary intake, bioavailability, and protection against cardiovascular disease. *Mol Nutr Food Res* 2005 ;49(2):159-174.
8. Spilburg CA, Goldberg AC, McGill JB, Stenson WF, Racette SB, Bateman J, McPherson TB, Ostlund RE Jr. Fat-free foods supplemented with soy stanol-lecithin powder reduce cholesterol absorption and LDL cholesterol. *J Am Diet Assoc* 2003;103:577-81.

## THE PERQUE GUARANTEE

Like every other **PERQUE** product, **Regularity 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, com/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.

PERQUE



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v1.0-4/10

\*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.