

# PERQUE Adreno Distress Guard™

Beat Stress, Restore Sleep, and Rebuild Hormonal Balance.



## PERQUE Adreno Distress Guard: An adaptogenic breakthrough

- Unique, comprehensive combination of adrenal support agents\*
- Stabilizes energy for better resilience\*
- Improves neurochemical and hormonal functions\*

**PERQUE Adreno Distress Guard** is a natural, non-stimulating product that effectively rehabilitates the body's energy system at the cellular level.\*

### A Successful Outcome Study

In a six-week study, **PERQUE Adreno Distress Guard** showed statistically significant ( $P < 0.005$  and ANOVA  $P < 0.001$ ) changes in cortisol rhythms. As a novel adaptogenic formulation, this product modulated and balanced cortisol rhythms for the entire study group. Cortisol levels were decreased in those whose measured levels were initially higher than normal, and were increased in those whose levels were initially too low.

## Stress, Fatigue and Your Energy

Adrenal fatigue consists of a broad spectrum of non-specific yet often debilitating symptoms and usually builds up over time with the most common signs being:

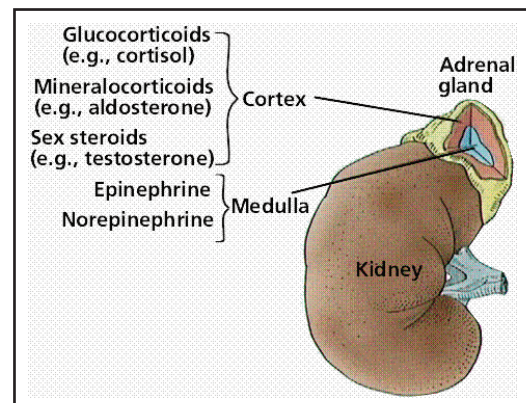
1. Low energy
2. Sleep problems
3. Weight gain
4. Memory loss
5. Need for caffeine or other stimulants to 'keep going'
6. Immune system weakness or susceptibility to 'whatever is going around.'

How we learn to handle stress is a key to survival. When the adrenal glands become overly stressed (distressed), our ability to handle stress decreases, and symptoms soon appear.

## Your Adrenal Glands: Healthier Balance

Cortisol and DHEA (dehydroepiandrosterone) are control hormones made and metabolized by our adrenal glands.

Cortisol is a "flight or fight" stress hormone. As a powerful 'defense' agent, cortisol puts us on alert, slows down our digestion, suppresses immune defense and repair, and keeps us "revved up". Cortisol enhances and activates the body's existing defense mechanisms and modulates them to prevent them from causing problems.



DHEA is the 'mother hormone' precursor to estrogens, progesterone, and testosterone. DHEA is our "feel-good" anabolic hormone. When in healthy balance, it promotes immune system health and youthful vitality.

In healthy people, levels of DHEA stay high and cortisol stays healthfully low throughout the lifespan.

## Stress, DHEA and Cortisol

People with adrenal fatigue tolerate stress poorly and succumb to stress-related illnesses easily. As stress accumulates, progressively higher levels of cortisol initially (the excitation phase) give way to diminished levels (the exhaustion phase).

When adrenals are chronically overworked and strain to maintain high cortisol levels, you lose the capacity to produce DHEA and other repair hormones in sufficient amounts. DHEA is necessary to moderate hormonal balance in the body. Insufficient DHEA production contributes to fatigue and, finally, adrenal exhaustion. **PERQUE Adreno Distress Guard** restores healthier cortisol/DHEA balance.

## Natural Adrenal Support: Healthy stress hormones

**PERQUE Adreno Distress Guard** is natural, non-stimulating, and trophorestorative, rebuilding your adrenal glands in a safer, more effective way. Our patents pending, proprietary formula combines, in a unique, balanced way, Rhodiola (Rosavins), Magnolia and Phellodendron plant extracts that are micellized in perilla oil, and Medium Chain Triglycerides to promote a healthier balance of cortisol and DHEA in your body.



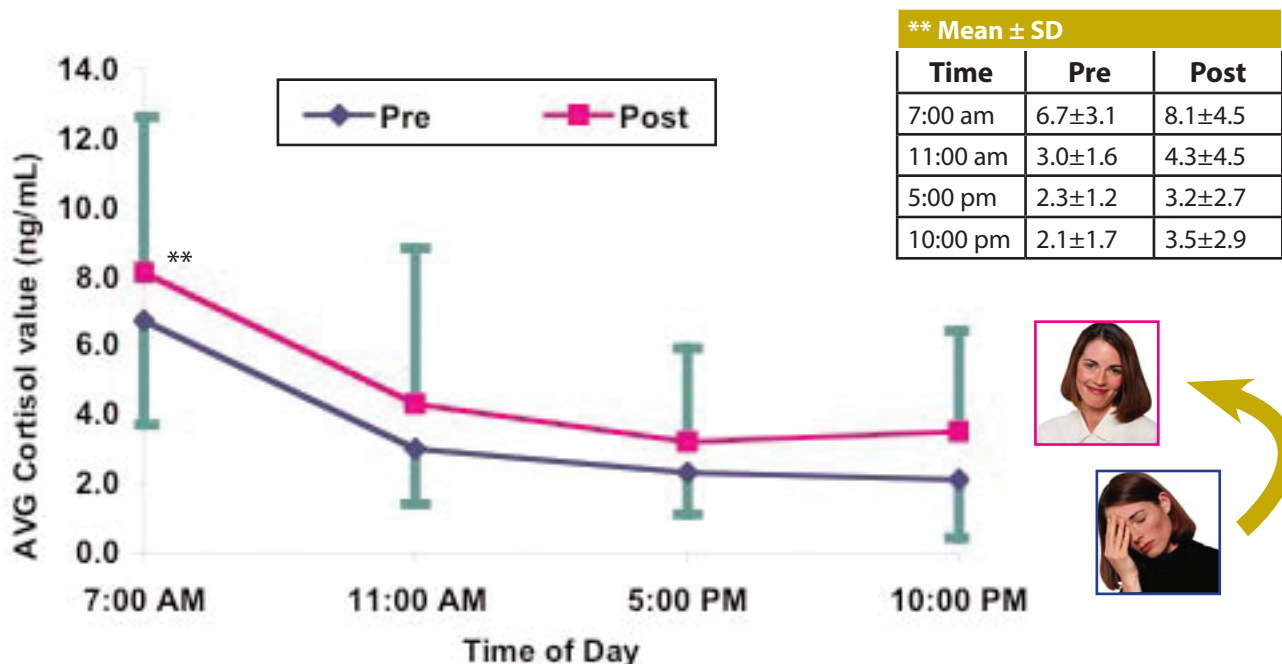
## PERQUE Adreno Distress Guard: A successful outcome study

Pre- and post-evaluations of free cortisol and DHEA levels were done using non-invasive, saliva samples known to correlate with free blood (plasma) hormone levels.

Changes in cortisol rhythm before and after **PERQUE Adreno Distress Guard** were statistically significant ( $P < 0.005$  and ANOVA  $P < 0.001$ )! Remarkably, **PERQUE Adreno Distress Guard** was able to increase first morning cortisol average levels from a depressed value of 6.7 ng/mL\* (pre) to a much healthier 8.1 (post). Similarly, late afternoon cortisol levels were increased to 3.5 (post) from a too low level of 2.1 (pre) as shown below. This means healthier cortisol level and rhythm was substantially improved in the body after just six weeks on **PERQUE Adreno Distress Guard**.

### Successful Improvement in Cortisol Rhythms after just 6 weeks on **PERQUE Adreno Distress Guard**

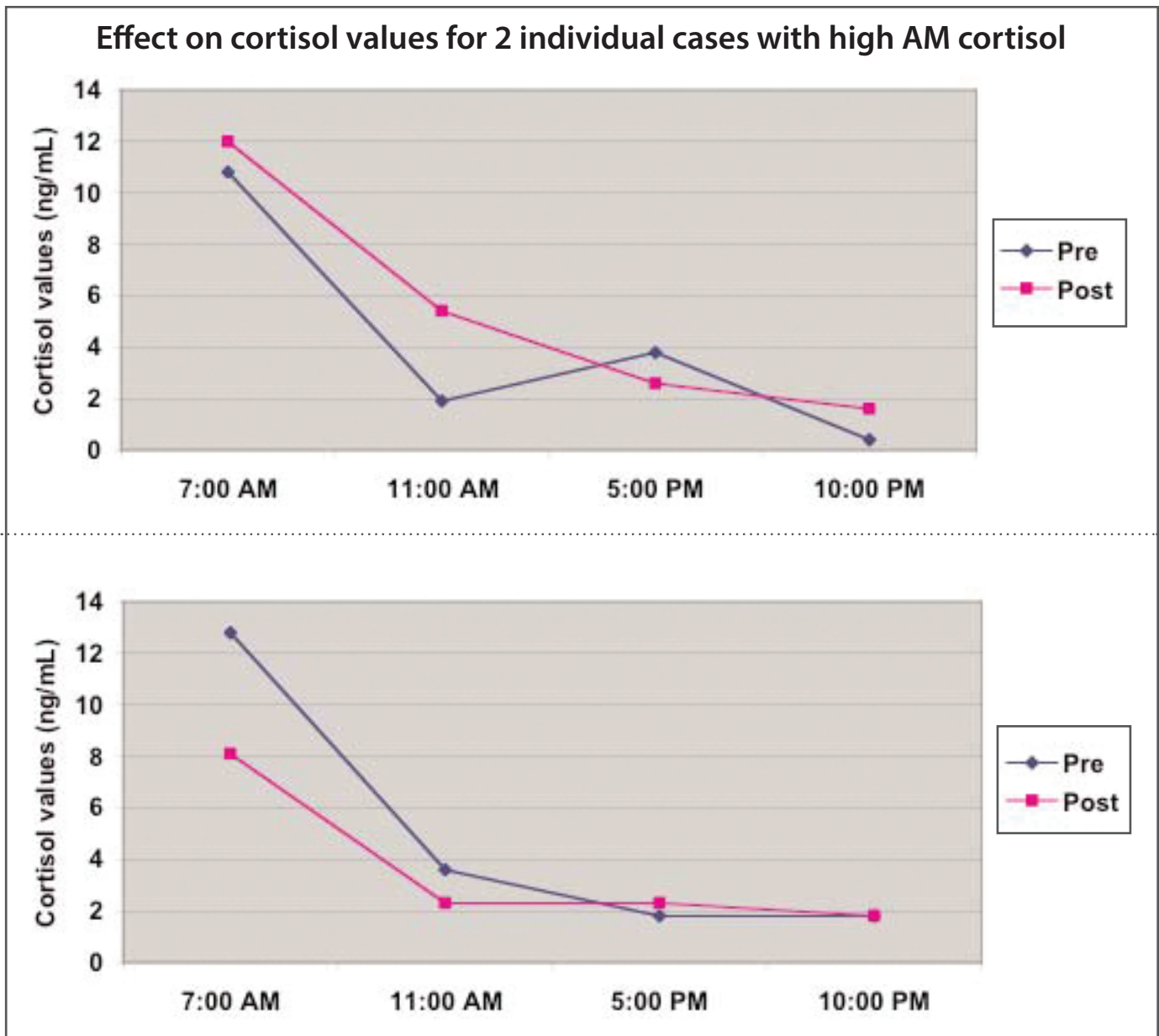
#### Effect on mean cortisol values for complete group



\*Cortisol is usually measured in ng/mL

People with altered adrenal function are sometimes known to have high morning levels of cortisol. The figures below are of two study subjects who had higher than normal AM cortisol levels. Their cortisol rhythm in general before starting **PERQUE Adreno Distress Guard** was very irregular. After taking **PERQUE Adreno Distress Guard** for just six weeks, their cortisol rhythm throughout the day evened out considerably, further highlighting the balancing and harmonizing effects of this product.

### Successful Improvement in Cortisol Rhythms after just 6 weeks on **PERQUE Adreno Distress Guard**



Being adaptogenic, **PERQUE Adreno Distress Guard** was also successful in raising the 1st AM cortisol levels in those who started off low from 4.2 to 5.9.

A dose of two (2) softgels of **PERQUE Adreno Distress Guard** twice a day is recommended to recharge the overly stressed or exhausted individual.



## Adrenal Fatigue and Insulin Function

Adrenal function, blood sugar levels, insulin function, and our internal stress level are intimately related. Low cortisol levels lead to slow energy production, and high insulin levels lead to increased glucose demand. Increased demand and decreased glucose availability induces a state of reactive hypoglycemia. As a result, the body cells do not get the glucose and other nutrients required, healthy energy levels fall, and hospitality to illness increases.

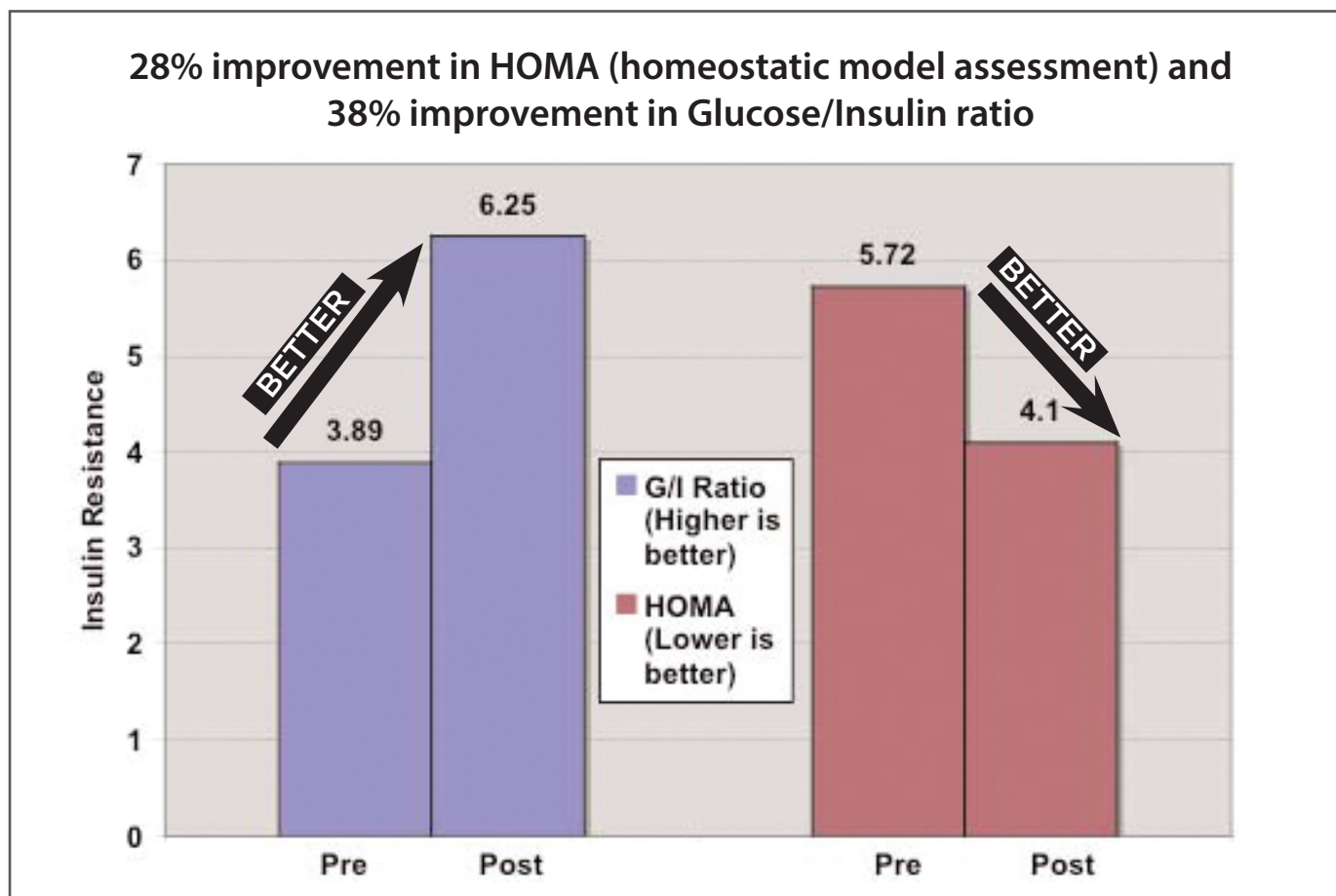
Adult onset (type 2) diabetes often follows because of chronic overconsumption of sugar and refined carbohydrates. Greater insulin resistance in cells develops in order to keep too much glucose from flooding in. PERQUE also demonstrated the substantial trophorestortative rehabilitating effect of **PERQUE Adreno Distress Guard** in reducing insulin resistance and function.

## Measuring Insulin Resistance

We used the Glucose/Insulin (G/I) ratio and HOMA (homeostatic model assessment) to measure insulin resistance. *(For more information, see: "PERQUE Adreno Distress Guard Decreases Insulin Resistance", visit [www.PERQUE.com](http://www.PERQUE.com), or call 800.525.7372.)*

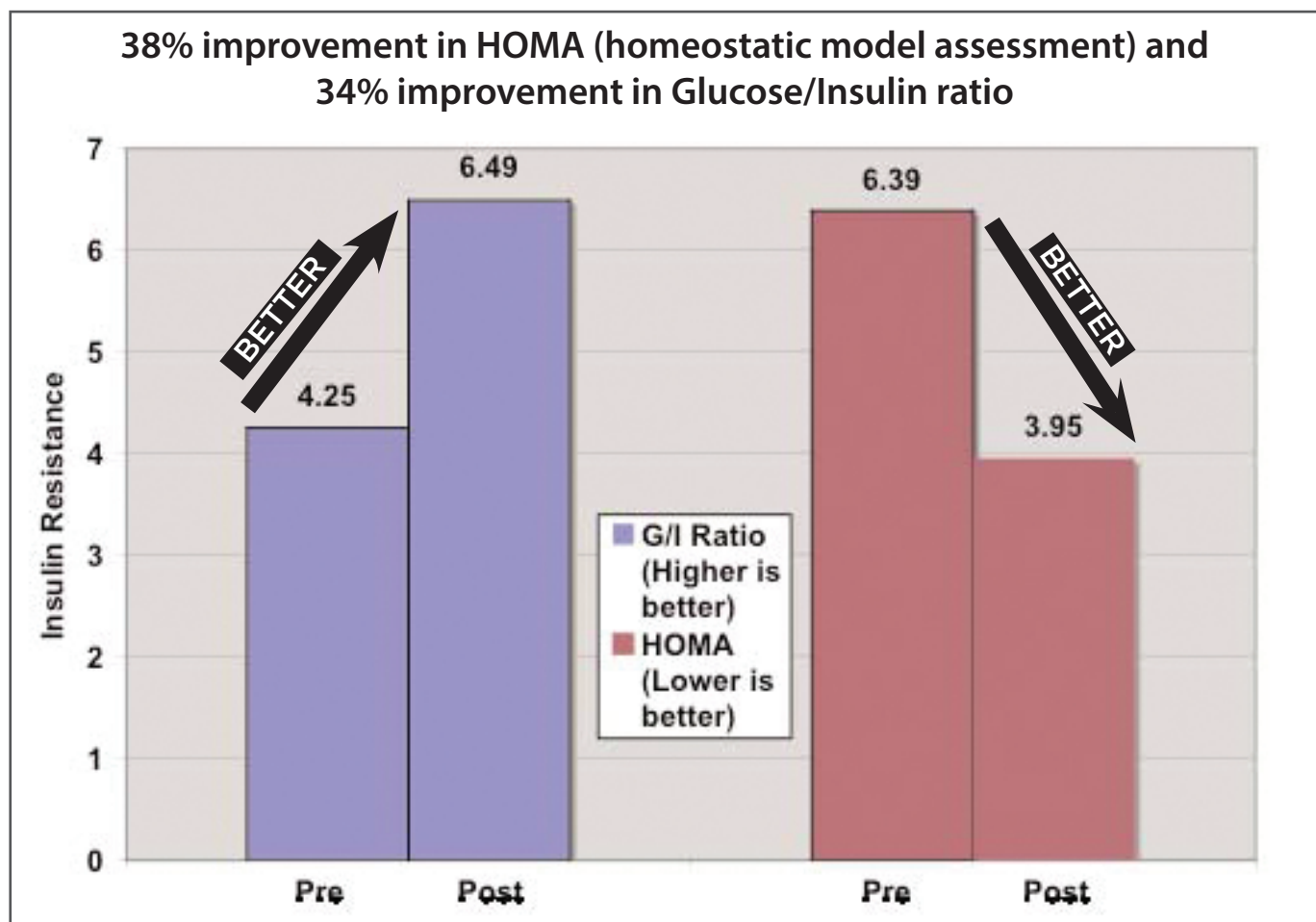
Study subject "DG" showed insulin resistance as measured with Glucose/Insulin ratio (<4.5) and by HOMA (>4.5). HOMA improved 28% and Glucose/Insulin improved 38% during this six-week assessment (below).

"DG": Improvement in Insulin Function after just 6 weeks on  
**PERQUE Adreno Distress Guard**



HOMA and Glucose/Insulin ratio confirmed insulin resistance prior to taking **PERQUE Adreno Distress Guard** in "ED". However, after 6 weeks of the study, both the HOMA (38% better) and Glucose/Insulin ratio (34% better) improved substantially.

### "ED": Improvement in Insulin Function after just 6 weeks on **PERQUE Adreno Distress Guard**



Insulin resistance precedes and usually accompanies diabetes. **PERQUE Glucose Regulation Guard™** coupled with **PERQUE Adreno Distress Guard** can provide that additional enhanced glucose and insulin balance and support that is needed in this situation.

### Scientific Support for **PERQUE Adreno Distress Guard**

1. Kelly, Gregory S. Rhodiola rosea: A Possible Plant Adaptogen. *Altern Med Rev* 2001;6(3):293-302
2. Experimental analysis of therapeutic properties of Rhodiola rosea herb and its possible application in medicine. *Medicina Kaunas* 2004;40(7): 614-619.
3. Sufka KJ, et al. Anxiolytic properties of botanical extracts in the chick social separation-stress procedure. *Psychopharmacology (Berl)* 2001 Jan 1; 153(2):219-224.
4. Narisawa T, Fukaura Y, Yazawa K, et al. Colon cancer prevention with a small amount of dietary perilla oil high in alpha-linolenic acid in an animal model. *Cancer* 1994; 73:2069-2075.
5. Oh-hashii K, Takehashi T, Watanabe S. Possible mechanisms for the differential effects high linoleate safflower oil and high alpha-linolenate perilla oil diets on platelet-activating factor production by rat polymorphonuclear leukocytes. *J Lipid Mediat Cell Signal* 1997; 17:207-220.
6. Auley KA, Williams SM, Mann JI, Walker RJ, Lewis-Barned NJ, Temple LA, Duncan AW. Diagnosing insulin resistance in the general population. *Diabetes Care* 2001; 24:460-464.
7. Quon, Michael J. Limitations of the Fasting to Insulin Ratio as an index of Insulin Sensitivity: Editorial, 2004; 86(10): 4615-4617.

## SPECIAL THANKS!

PERQUE would like to thank Baylor Rice, RPh, and South River Pharmacy in Richmond, VA for their assistance in our study.

Hear Dr. Jaffe present the results of this study:  
<http://bit.ly/perque-adreno-distress>

## Feel the PERQUE Difference

### The PERQUE Guarantee

#### Each PERQUE product:

- Has a Full Disclosure Label. No hidden ingredients or “proprietary blends”
- Is activated with the same transporters that are used by nature
- Is produced following or exceeding the FDA’s Good Manufacturing Practice (GMP) regulations using pharmaceutical grade ingredients
- Provides 100% potency and activity for its entire shelf life
- Is free of common allergens and GMOs
- Dissolves rapidly to eliminate digestive irritation



Dr. Russell M. Jaffe, CEO and Chairman of **PERQUE Integrative Health** is one of the pioneers of integrative and regenerative medicine. Since inventing the world’s first single step amplified (ELISA) procedure in 1984, a process for measuring and monitoring all delayed allergies, Dr. Jaffe has continually sought new ways to help speed the transition from our current healthcare system’s symptom reactive model to a more functionally integrated, effective and compassionate system. PIH is the outcome of years of Dr. Jaffe’s scientific research. It brings to market three decades of rethinking safer more effective, novel and proprietary dietary supplements, supplement delivery systems, diagnostic testing, and validation studies.



# PERQUE Adreno Distress Guard™

Enables stress hormone balance naturally

## SUPPLEMENT FACTS

Serving size: 2 softgels

Energized Nutrients	Amount per serving	% Daily value
<b>Rhodiola</b> (>3% rosavins + > 1% salidroside)	300 mg.	*
<b>Relora</b> † (Magnolia officinalis + Phellodendron amurense**)	500 mg.	*
<b>Perilla Oil</b>	800 mg.	*
<b>Medium Chain Triglycerides</b> (MCTs from raw palm fruit)	250 mg.	*
<b>Phosphatidylcholine</b>	90 mg.	*
<b>Beeswax</b>	70 mg.	*
<b>Kosher gelatin</b>	500 mg.	*
<b>Glycerin</b>	12 mcg.	*
<b>Water</b>	20 mg.	*
<b>Turmeric powder</b>	12 mg.	*

† Relora® is a registered trademark of NPI, LLC

\*\*US Patent 6,582,735



## Typical Dosage

As a dietary supplement, take two (2) softgels daily or as directed by your health professional. Store below 70 degrees Fahrenheit. **WARNING:** Pregnant and nursing mothers need to check with their health professional before taking supplements.

Visit [www.PERQUE.com/adreno-distress-guard](http://www.PERQUE.com/adreno-distress-guard) to request your **FREE** samples today!

**PERQUE (a PERQUE Integrative Health company)** was founded in 1987 by Dr. Russell Jaffe, who holds both a medical degree and a Ph.D. in biochemistry. Using the latest scientific and medical knowledge available, Dr. Jaffe continues to develop a new generation of **PERQUE** advanced nutritional formulations providing superior results in restoring, maintaining, and enhancing health.



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