

Cognitive, Mood & Sleep

SUPPORTS HEALTHY, RESTORATIVE SLEEP

PERQUE® Sleep Guard™

MOOD AND ENERGY STABILITY*
NEUROHORMONAL BALANCE*



PERQUE SLEEP GUARD

PERQUE Sleep Guard enhances restful, healing sleep by restoring healthy brain chemistry. Regain sleep that refreshes, revitalizes and reenergizes mind and body. With **PERQUE Sleep Guard** you naturally rebuild resilience. A safer, natural alternative to habit-forming pharmaceuticals, **PERQUE Sleep Guard** boosts the body's own production of serotonin, the brain chemical that says "Ah... we can handle this." When the sleep center operates properly, renewing rest occurs. Start **PERQUE Sleep Guard** for improved quality of sleep and quality of life.*

Benefits of PERQUE Sleep Guard All-Active Formulation:

- Restorative sleep*
- Healthier REM deep sleep rhythms*
- Mood and energy stability*
- Neurohormonal balance*
- Premenstrual and perimenopausal hormone balance*

ADVANCED FORMULA AND BENEFITS

L-Tryptophan

Tryptophan is an essential amino acid that produces a mood-enhancing neurotransmitter called serotonin. When the body is deficient in tryptophan, it also lacks serotonin. This can inhibit sleep and trigger numerous physical and/or mental disorders. Tryptophan deficiencies are associated with depression, insomnia, premenstrual syndrome, schizophrenia, attention deficit disorders and autism-spectrum disorders. Adequate levels of tryptophan are essential for biochemical balance of the brain. **PERQUE Sleep Guard** uses only the highest-quality, pharmaceutical-grade L- tryptophan, plus key transport enhancer nutrients, for the most effective results.*

L-Tryptophan to Manage:

- Attention deficit disorder / hyperactivity disorder (ADD / ADHD)*
- Autism Spectrum Disorder (ASD)*
- Mild to moderate depression*

Feel the **PERQUE** Difference!

L-Tryptophan vs. 5-HTP

PERQUE Sleep Guard uses L-tryptophan – and synergistic ingredients – in their most beneficial, safe and natural forms. By contrast, many sleep supplements use 5-HTP, a downstream metabolite of tryptophan. While both 5-HTP and tryptophan cross the blood brain barrier and convert to serotonin and melatonin, tryptophan is safer, healthier and has a sustained effect. The body can also transform tryptophan into other helpful compounds within the body, like niacin which is helpful in maintaining healthy sleep cycles.*

Additional 100% All-Active Ingredient Features

PERQUE uses nutrients only in their most bioavailable, natural and beneficial forms. **PERQUE Sleep Guard** delivers the active forms of vitamins B2 (riboflavin 5'-phosphate) and B6 (pyridoxal 5'-phosphate) – essential cofactors that maximize the absorption and benefits of L-tryptophan and strengthen its sleep- and mood-enhancing properties. In cases of mild-to-moderate depression, we recommend combining **PERQUE Sleep Guard** with **PERQUE Mood Guard™**, for maximum mood-enhancing benefit.*

Note: Stay well-hydrated and avoid eating protein two hours before bedtime so the stomach can absorb and metabolize the L-tryptophan in **PERQUE Sleep Guard** most efficiently.

REFERENCES

- Hartmann E. 1982-1983. "Effects of L-tryptophan on Sleepiness and On Sleep." *J Psych Res.* 17(2):107-113.
- Riemann D, Feige B, Hornyak M, Koch S, Hohagen F, Voderholzer U. March 15, 2002. "The Tryptophan Depletion Test: Impact on Sleep in Primary Insomnia—a Pilot Study." *J Psych Res.* 109(2):129-135.
- Gendall KA, Joyce PR. September 2000. "Meal-induced Changes in Tryptophan:LNAAs Ratio: Effects on Craving and Binge Eating." *Eating Behaviors.* 1(1):53-62.

Full Disclosure Label (no hidden or inactive ingredients)

Directions: One capsule daily about 30 min before bedtime, or as recommended by a healthcare professional.

SUPPLEMENT FACTS

Serving size: 1 Vegetable Capsule
Servings per container: 45 or 90

Energized Nutrients	Amount per serving	% Daily Value
Riboflavin (as Riboflavin 5'-Phosphate).....	3 mg	231
Vitamin B-6 (as Pyridoxal 5'-Phosphate)	3 mg	176
L-Tryptophan.....	500 mg	*
Silica (Equisetum botanical).....	4 mg	*
Croscarmellose	3 mg	*
C16 & C18 alkyls†	5 mg	*
Vegetable Capsule.....	120 mg	*

†From whole untreated palm fruit and leaf

*Daily value not established

Other Ingredients: None

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THE PERQUE GUARANTEE

Like every other **PERQUE** product, **PERQUE Sleep 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, corn/zein/starch, dairy/casein/whey/milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- 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.



Feel the **PERQUE** Difference!

*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.

PERQUE

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