



W2880/00D0814

CORE Nutrition System is a convenient strip pack that addresses the broad needs of healthy aging.*

OTHER INGREDIENTS: SILICON DIOXIDE, GELATIN, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, CROSSCARMELLOSE SODIUM, STEARIC ACID, AQUEOUS COATING (CONSISTING OF HYDROXYPROPYL METHYLCELLULOSE, GLYCERIN, CHLOROPHYLLIN COPPER COMPLEX SODIUM), DEXTROSE, CALCIUM PHOSPHATE, ETHYL CELLULOSE, GLYCERIN, HYDROXYPROPYL CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), MALTODEXTRIN, NATURAL LEMON FLAVOR, POLYETHYLENE GLYCOL, RICE FLOUR. CONTAINS: OMEGA-3 FATTY ACIDS DERIVED FROM FISH (SARDINES, HERRING, MACKEREL, AND/OR MENHADEN) AND GLUCOSAMINE, AN INGREDIENT DERIVED FROM CRUSTACEAN SHELLFISH (CRAB, LOBSTER OR SHRIMP).

CAUTION: DO NOT TAKE MORE THAN THE CONTENTS OF ONE STRIP PER DAY. IF YOU ARE PREGNANT OR NURSING, OR IF UNDER THE AGE OF 18, PLEASE SEEK THE ADVICE OF A HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. DON'T TAKE THIS PRODUCT WITH ANY OTHER COREPLEX PRODUCTS INCLUDING MNS[®] SYSTEMS.

KEEP OUT OF REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY.

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Store product in a cool dry place. To ensure optimal stability, keep product under 68°F.

Formulated/Manufactured exclusively for AdvocaCare[®] International L.P., Plano, TX 75074 • 800-542-4800. For more information visit www.advocare.com

SUPPLEMENT FACTS CONTINUED	Total per (4) Packet Serving	% DV
Docosahexaenoic acid (from marine lipids)	400mg	*
Amla extract (fruit - <i>Emblica Officinalis</i>)	200mg	*
Cats claw extract (bark - <i>Uncaria tomentosa</i>)	200mg	*
Curcumin (root - <i>Curcuma longa</i>) - BCM-95 extract	200mg	*
Green tea extract (leaf - <i>Camellia sinensis</i>)	175mg	*
Coenzyme Q-10 (as Ubidecarenone)	102mg	*
Boswellia Serrata extract (gum)	100mg	*
Citrus flavonoids	100mg	*
Gotu kola extract (leaf/stem/flower - <i>Centella asiatica</i>)	100mg	*
Grape seed extract (seed - <i>Vitis vinifera</i>)	100mg	*
MSM (methylsulfonylmethane)	100mg	*
Quercetin	100mg	*
Ellagic acid (from pomegranate extract) (fruit - <i>Punica granatum</i>)	80mg	*
Alpha-lipoic acid	60mg	*
Choline (as bitartrate)	50mg	*
Garlic powder, odorless (bulb - <i>Allium sativum</i>)	50mg	*
White willow extract (bark - <i>Salix alba</i>)	30mg	*
Shave grass extract (peril - <i>Equisetum arvense</i>)	25mg	*
Lycopene	16mg	*
Ginger extract (root - <i>Zingiber officinale</i>)	15mg	*
Inositol	10mg	*
Resveratrol (root extract - <i>Polygonum cuspidatum</i>)	10mg	*
N-Acetylcysteine	5mg	*
Lutein (as esters from <i>Tigotia</i> sp.)	1mg	*
Silicon (as amino acid chelate)	750mcg	*
Boron (as amino acid chelate)	450mcg	*
Vanadium (as bis-malolates-crovanadium)	50mcg	*

† Percent Daily Values (DV) are based on a 2,000-calorie diet.
* Daily Value not established.



ADVOCARE CORE[™] NUTRITION SYSTEM

MULTINUTRIENT DIETARY SUPPLEMENT

- Promotes internal balance and healthy aging*
- Advanced core nutrition and wellness*
- Helps protect and lubricate joints*

14 DAILY STRIP PACKS
(70 CAPLETS, 84 CAPSULES, AND 28 SOFTGELS)

WELL

SUPPLEMENT FACTS

Serving Size: One 4-packet strip
Servings Per Container: 14

	Total per (4) Packet Serving	% DV
Calories	20	
Calories from Fat	20	
Total Fat	2g	3%†
Vitamin A (as beta-carotene)	1,000 IU	100%
Vitamin C (as ascorbic acid/magnesium ascorbate)	210mg	350%
Vitamin D (as cholecalciferol)	2500 IU	575%
Calcium (as amino acid chelate, citrate and hydroxyapatite)	400mg	40%
Vitamin E (as d-alpha-tocopheryl succinate and mixed tocopherols)	95 IU	320%
Vitamin K (as phytonadione)	20mcg	20%
Thiamine (as thiamine HCl)	5mg	333%
Riboflavin	5.1mg	306%
Niacin (as niacinamide)	45mg	225%
Vitamin B-6 (pyridoxine HCl)	8mg	400%
Folic acid	800mcg	200%
Vitamin B-12 (as cyanocobalamin)	36mcg	600%
Biotin	300mcg	100%
Pantothenic acid (as calcium pantothenate)	30mg	300%
Phosphorus (as amino acid chelate)	25mg	2%
Iodine (from kelp)	225mcg	150%
Magnesium (as amino acid chelate, oxide, ascorbate)	275mg	69%
Zinc (as zinc monomethionine - <i>Chelated Zinc</i> ®)	24mg	180%
Selenium (L-selenomethionine)	100mcg	143%
Copper (as amino acid chelate)	2.1mg	105%
Manganese (as amino acid chelate and sulfate)	7.5mg	375%
Chromium (as chromium citrate)	100mcg	83%
Molybdenum (as amino acid chelate)	75mcg	100%
Potassium (as amino acid chelate/bicarbonate)	198mg	6%
Glucosamine (as HCl)	1,500mg	*
Eicosapentaenoic Acid (from marine lipids)	800mg	*