

Key ingredients in Core HARD Extreme were shown to:

- Reduce measurements of cortisol by 27% in a clinical trial in humans.
- Help balance the enzymes involved in estrogen metabolism.
- Increase performance and reduce perception of stress in healthy athletes.

WARNING AND DISCLAIMER: Core HARD Extreme is a Formulated Supplementary Sports Food. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietary supervision. This food is not a sole source of nutrition and should be consumed in conjunction with an appropriate physical training or exercise program and a nutritious diet.

DIRECTIONS: Mix 1 scoop with 4-6 ounces of water and consume 2-3 times per day. For optimal results, take 1 scoop upon waking, 1 scoop midday, and 1 scoop before bed. Do not exceed 4 scoops in a 24 hour period. For best results, use for 4 to 8 weeks. Do not use for longer than 8 continuous weeks without taking a 4 week break.

Imported into Australia and New Zealand by MFLIO Investments Pty. Ltd. 24 Woodlands Terrace,
Edwardstown, SA, 5038

Manufactured in a cGMP Facility. Made in the USA. Distributed by: Core Nutritionals, LLC, Arlington, VA 22202.
www.CoreNutritionals.com, info@corenutritionals.com, (855) 978-2232.



HARD EXTREME

ADVANCED RECOMPOSITION
AND HARDENING POWDER

CAFFEINE
FREE

NO
ARTIFICIAL COLORS

NO
PROPRIETARY BLENDS

GLUTEN
FREE

PINEAPPLE STRAWBERRY
NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT • 5.0 OZ (140 G)

Nutrition Information

Serving Size: 3 scoops (3 grams) Servings Per Container: 28

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	0 g	0 g
Protein	0 g	0 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Dietary Fiber	0 g	0 g
Sodium	0 g	0 g
KSM-66® Full-Spectrum Ashwagandha Extract (Withania somnifera (root) (5% withanolides))	500 mg	12 g
Phosphatidyl Serine 50%	500 mg	10 g
Pomegranate Extract (Punica granatum) (fruit) (50% ellagic acid 40%)	500 mg	10 g
White Reishi Mushroom Extract (Agaricus blazei) (fruit) (50% polysaccharides)	500 mg	10 g
L-theanine	300 mg	6 g
1,3-bis(4-glycidyloxyphenyl)propane (BAP)	200 mg	4 g
N-Coumaroyldopamine	40 mg	800 mg

OTHER INGREDIENTS:

Citric Acid, Natural and Artificial Flavors, Silica, Sucralose, Calcium Silicate.



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