

SUPPLEMENT FACTS

Serving Size: 1 blister card
Servings Per Container: 14

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	180mg	300%
Vitamin D (as cholecalciferol)	2,500 IU	625%
Calcium (as citrate, carbonate and amino acid chelate)	600mg	60%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	105 IU	350%
Vitamin K (as phytanadione)	20mcg	25%
Thiamine (as thiamine HCl)	4.5mg	300%
Riboflavin	5.1mg	300%
Niacin (as niacinamide)	30mg	150%
Vitamin B6 (pyridoxine HCl)	6mg	300%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	12mcg	200%
Biotin	300mcg	100%
Pantothenic Acid (as calcium pantothenate)	20mg	200%
Phosphorus (as amino acid chelate)	25mg	2%
Iodine (from kelp)	150mcg	100%
Magnesium (as oxide, amino acid chelate and ascorbate)	300mg	60%
Zinc (as zinc monomethionine chelate)	20mg	130%
Selenium (L-Selenomethionine and amino acid chelate)	90mcg	130%
Copper (as amino acid chelate)	2mg	100%
Manganese (as amino acid chelate)	4mg	200%
Chromium (as chromium citrate)	120mcg	100%
Molybdenum (as amino acid chelate)	75mcg	100%
Potassium (as chloride and amino acid chelate)	100mg	2%
Choline (as bitartrate)	100mg	†
Curcumin (rhizome - Curcuma longa) - BCM-95 extract	200mg	†
Ellagic acid (from Pomegranate) (fruit - Punica granatum)	80mg	†
Amla Extract (fruit - Emblica Officinalis)	200mg	†
Bacopa Extract (leaf/stem - Bacopa monnieri)	200mg	†
Cats Claw Extract (bark - Uncaria tomentosa)	200mg	†
Lycopene	16mg	†
Quercetin	100mg	†
Coenzyme Q10	100mg	†
Boswellic acid (gum - Boswellia serrata) extract	100mg	†
Grape Seed Extract (seed - Vitis vinifera)	100mg	†
Phospholipid complex (standardized phosphatidylserine)	70mg	†
Alpha Lipoic Acid	50mg	†
Green Tea Extract (leaf - Camellia sinensis)	50mg	†
Resveratrol (root - Polygonum cuspidatum)	10mg	†
Lutein	1mg	†

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

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, GELATIN, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE, STEARIC ACID, SILICON DIOXIDE, HYDROXYPROPYL METHYLCELLULOSE, GLYCERIN, POLYETHYLENE GLYCOL, HYDROXYPROPYL CELLULOSE, RICE FLOUR, CHLOROPHYLLIN SODIUM COPPER COMPLEX. **CONTAINS: SOY.**

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

Directions For Use:

Take the contents of 1 blister card with food.
Blister card may be consumed at once or spread
throughout the day.

Store away from excessive heat, light, and humidity.

CAUTION: DO NOT TAKE MORE THAN THE
CONTENTS OF ONE BLISTER CARD PER DAY. CHECK
WITH YOUR HEALTHCARE PROFESSIONAL BEFORE
USING THIS PRODUCT. DO NOT 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.

AdvoCare Core® is a
comprehensive thermogenic-free
nutrition system that promotes
healthy aging and encourages
overall wellness.*



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* 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.



ADVOCARE

CORE®

NUTRITION SYSTEM

MULTINUTRIENT DIETARY SUPPLEMENT

Provides advanced core nutrition to
support overall wellness*
Promotes internal balance
and healthy aging*

14 DAILY BLISTER CARDS
(56 CAPLETS AND 56 CAPSULES)

WELL