

Core MULTI is a clinical serving size, full-spectrum multi-vitamin with critical vitamins and minerals shown in clinical research to:

- Support healthy cardiovascular function.†
- Support healthy brain function.†
- Support healthy nutrient metabolism.†

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Take 4 capsules daily with food.

†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.

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Crush It



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 **CORE**
NUTRITIONALS

MULTI

FULL SPECTRUM MULTIVITAMIN AND MINERAL

◆
30 DAY SUPPLY

VEGETABLE
CAPS

ENHANCED
ABSORPTION

EFFICACIOUS
SERVINGS

NO PROPRIETARY
BLENDS

GLUTEN
FREE

DIETARY SUPPLEMENT • 120 CAPSULES

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (as Beta Carotene)	5,000 IU	100%*
Vitamin C (as Ascorbic Acid)	500 mg	833%*
Vitamin D3 (Cholecalciferol)	2,000 IU	500%*
Vitamin E (as Mixed Tocopherols)	45 IU	150%*
Thiamine	100 mg	6666%*
Riboflavin	100 mg	5880%*
Niacin (as Niacinamide)	50 mg	250%*
Vitamin B6 (Pyridoxine HCl)	83 mg	4150%*
Folic Acid	400 mcg	100%*
Vitamin B12 (Methylcobalamin)	250 mcg	4166%*
Biotin	300 mcg	100%*
Pantothenic Acid	100 mg	1000%*
Calcium (as Calcium Carbonate)	246 mg	24%*
Iodine (as Kelp (Ascophyllum nodosum))	150 mcg	100%*
Magnesium (as Albion® Di-Magnesium Malate)	84 mg	21%*
Zinc (as Zinc Aspartate)	30 mg	200%*
Copper (as TRAACS® Copper Bisglycinate Chelate)	1.5 mg	75%*
Manganese (Manganese Citrate) ^v	2 mg	100%*
Chromium (as Chromium Picolinate)	120 mcg	100%*
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	50 mcg	66%*
Berberine HCl	150 mg	**
Boron Citrate	20 mg	**
Choline (as Choline Bitartrate)	102 mg	**
Spectra™	100 mg	**

(consisting of green coffee extract, green tea extract, broccoli sprout concentrate, onion extract, apple extract, acerola extract, camu camu concentrate, quercetin, tomato concentrate, broccoli concentrate, acai concentrate, basil concentrate, cinnamon concentrate, garlic concentrate, oregano concentrate, turmeric concentrate, carrot concentrate, elderberry concentrate, mangosteen concentrate, blackberry concentrate, blackcurrant extract, blueberry extract, chokeberry concentrate, raspberry concentrate, sweet cherry concentrate, spinach concentrate, kale concentrate, bilberry extract, brussel sprout concentrate)

*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.

OTHER INGREDIENTS: Rice Flour, Magnesium Stearate, Microcrystalline Cellulose, Hypromellose, Silicon Dioxide.

Manufactured in a U.S. cGMP Facility.

Distributed by: Core Nutritionals, LLC, Ashburn, Virginia 20147.

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