

Core HARD redefines recomposition with an advanced and synergistic blend of highly effective ingredients. Key ingredients in Core HARD 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: 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 1 capsule 3 times per day. For optimal results, take 1 capsule upon waking, 1 capsule midday, and 1 capsule before bed or take all 3 capsules before bed. Do not exceed 4 capsules in a 24 hour period.



Crush It!®

*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.



CORE NUTRITIONALS®

HARD

**ADVANCED RECOMPOSITION
AND HARDENING AGENT**

BALANCE[†] | HARDEN[†] | RECOMP[†]

84 VEGETABLE CAPS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 28 (days)

	Amount Per Serving	% DV
KSM-66® Full-spectrum Ashwagandha root extract (5% Withanolides)	600 mg	**
Phosphatidyl Serine 50%	500 mg	**
L-Theanine	300 mg	**
3,3'-Dindolylmethane (DIM)	200 mg	**
Cocoabuterol® Cocoa Extract (Theobroma cacao L.) (seed) (std. min. 50% cocoa alkaloids)	100 mg	**

**Daily Value not established.

OTHER INGREDIENTS: Rice Flour, Cellulose (Capsule), Magnesium Stearate, Silicon Dioxide.

ALLERGEN INFORMATION: Contains Milk.

KSM-66®
ashwagandha

KSM66® is a registered trademark of Koreal Biomed Inc.

Cocoabuterol®

Cocoabuterol® is a registered trademark of Suzhou Win Health International Co., Ltd.

Manufactured in a
U.S. cGMP Facility
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