

Key ingredients in Core HARD Extreme were shown to:

- Reduce measurements of cortisol by 27% in a clinical trial in humans.¹
- Help balance the enzymes involved in estrogen metabolism.¹
- Increase performance and reduce perception of stress in healthy athletes.²

⚠️ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

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: 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 or take all 3 scoops before bed. Do not exceed 4 scoops in a 24 hour period.



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 EXTREME

ADVANCED RECOMPOSITION AND HARDENING POWDER

BALANCE* | HARDEN* | RECOMP*

BLACK LIGHTNING

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

28 SERVINGS • 5.87 OZ (166.3 G)



Supplement Facts

Serving Size: 3 scoops (5.34 grams)

Servings Per Container: 28

	Amount Per Serving	%DV
KSM-66® Full-Spectrum Ashwagandha Extract (Withania somnifera) (root) (5% withanolides)	500 mg	**
Phosphatidyl Serine 50%	500 mg	**
Pomegranate Extract (Punica granatum) (fruit) (40% ellagic acid 40%)	500 mg	**
White Button Mushroom Extract (Agaricus Bisporus) (fruit) (30% polysaccharides)	500 mg	**
L-Theanine	300 mg	**
1,3'-Bisindolylmethane (BIM)	200 mg	**
Cocosbutenol® Cocoa Extract (Theobroma cacao L.) (seed) (nat. min. 50% cocoa alkaloids)	100 mg	**

** Daily Value (DV) not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION: Contains Ingredient Derived from Soy.

Manufactured in a U.S. cGMP Facility. Distributed by: Core Nutritionals, LLC, Statesville, NC 28625
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