

Vitamin Research Products®

Since



1979

Extend Core

Multivitamin/Multimineral Formula

Dietary Supplement
120 capsules

TESTED FOR QUALITY & PURITY

Directions: Take 2 capsules two times per day with meals.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as natural beta carotene, retinyl palmitate)	4,000 IU 80%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	200 mg 333%
Vitamin D (as cholecalciferol (D3))	500 IU 125%
Vitamin E (as d-alpha tocopheryl succinate, mixed tocopherols)	100 IU 333%
Vitamin K (as phytonadione (K1), MK-4 (K2))	75 mcg 94%
Thiamin (vitamin B1 as thiamine HCl)	7.5 mg 500%
Riboflavin (vitamin B2)	7.5 mg 441%
Niacin (from inositol hexanicotinate)	62.5 mg 313%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	12.5 mg 625%
Folic Acid (as 5-methyltetrahydrofolate)	200 mcg 50%
Vitamin B12 (as methylcobalamin)	75 mcg 1,250%
Biotin	300 mcg 100%
Pantothenic Acid (as calcium pantothenate)	50 mg 500%
Calcium (as calcium citrate, calcium malate)	75 mg 8%
Iodine (as potassium iodide)	75 mcg 50%
Magnesium (as magnesium aspartate, magnesium citrate)	75 mg 19%
Zinc (as zinc amino acid chelate)	7.5 mg 50%
Selenium (as methylselenocysteine)	35 mcg 50%
Copper (as copper amino acid chelate)	0.5 mg 25%
Manganese (as manganese amino acid chelate)	1.25 mg 63%
Chromium (as chromium picolinate (Chromax®†))	60 mcg 50%
Molybdenum (as molybdenum amino acid chelate)	50 mcg 67%

Choline bitartrate, 132 mg*; N-acetyl cysteine, 50 mg*; inositol hexanicotinate, 84 mg*; inositol, 38 mg*; boron citrate complex, 32 mg*; full-spectrum vegetarian enzyme blend, 30 mg*; green tea leaf EGCG, 25 mg*; rutin, 15 mg*; silica (from bamboo aerial portion extract), 10.5 mg*; gamma oryzanol, 5 mg*; lutein, 1.5 mg*; lycopene, 500 mcg*; vanadyl sulfate, 62 mcg*.

*Daily Value not established.

Other ingredients: Hydroxypropylmethylcellulose (vegetarian capsule).

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Manufactured for and distributed by: VRP Brand, LLC
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1-800-877-2447 • www.vrp.com

Keep container tightly closed in a cool, dry and dark place. Keep out of reach of children.

†Chromax® and the Chromax logo are registered trademarks of Nutrition 21, Inc. U.S. Patent #5,087,623, #5,087,624 and #5,175,156.

Chromax
NUTRITION 21

This product is manufactured in accordance with current Good Manufacturing Practices (GMP).

Code Number 3203

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