

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.
- Assist in the maintenance of **healthy weight**, in combination with diet and exercise.
- Activate the key **beta-2-adrenergic** receptor involved in body composition.
- Promote self-reports of **overall well-being**.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. This product is not recommended for pregnant or nursing women. Before using this product consult with your physician if you are using any prescription or over the counter medication 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 any 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 the reach of children. Store in a cool, dry place.

†† 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.



COREHARD

Advanced Recomposition and Hardening Agent
Caffeine Free

Dietary Supplement

84 Capsules

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 28 (days)

	Amount Per 3 Capsules	% Daily Value*
5-Ethioallocholen-3b,7b,17b-triol	75 mg	†
KSM-66® Full-spectrum Ashwagandha root extract (5% Withanolides)	600 mg	†
N-Coumaroyldopamine	40 mg	†
3,3'-Diindolylmethane (DIM)	200 mg	†
L-Theanine	300 mg	†

† Daily value not established.
Percent values are based on 2,000 calorie diet.

Other Ingredients: Gelatin, Magnesium Stearate, Silicon Dioxide, FD&C Blue, Titanium Dioxide.

Directions: Take 1 capsule 2-3 times per day. For optimal results, take 1 capsule upon waking, 1 capsule midday, and 1 capsule before bed. Do not exceed 4 capsules in a 24 hour period. For best results, use for 4 to 8 weeks. Do not use for longer than 8 continuous weeks without taking a 4 week break.



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