



Key ingredients in Core HARD Extreme 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 AND DISCLAIMER: Core HARD Extreme is a Formulated Supplementary Sports Food. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision. This food is not a sole source of nutrition and should be consumed in conjunction with an appropriate physical training or exercise program and a nutritious diet.

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. Do not exceed 4 scoops 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.

Imported into Australia and New Zealand By: MENJO Investments Pty. Ltd. 24 Woodlands Terrace, Edwardstown, SA, 5039

Manufactured in a cGMP Facility. Made in the USA. Distributed by: Core Nutritionals, LLC, Arlington, VA 22203. www.CoreNutritionals.com, info@corenutritionals.com, (888) 978-2332.



Crush It

HARD EXTREME

**ADVANCED RECOMPOSITION
AND HARDENING POWDER**

CAFFEINE
FREE

NO
ARTIFICIAL COLORS

NO
PROPRIETARY BLENDS

GLUTEN
FREE

PINEAPPLE STRAWBERRY

NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT • 5.0 OZ (140 G)

Nutrition Information

Serving Size: 3 scoops (5 grams) Servings Per Container: 28

	Average Quantity Per Serving	Average Quantity Per 100g
Energy	0 kJ	0 kJ
Protein	0 g	0 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	0 g	0 g
Sugars	0 g	0 g
Dietary Fibre	0 g	0 g
Sodium	0 g	0 g
KSM-66® Full-Spectrum Ashwagandha Extract (Withania somnifera) (root) (5% withanolides)	600 mg	12 g
Phosphatidyl Serine 50%	500 mg	10 g
Pomegranate Extract (Punica granatum) (hull) (40% ellagic acid 40%)	500 mg	10 g
White Button Mushroom Extract (Agaricus blazei) (fruit) (30% polysaccharides)	500 mg	10 g
L-theanine	300 mg	6 g
3,3'-diindolylmethane (DIM)	200 mg	4 g
N-Coumaroyldopamine	40 mg	800 mg

OTHER INGREDIENTS:

Citric Acid, Natural and Artificial Flavors, Silica, Sucralose, Calcium Silicate.



KSM66® is a registered trademark of Ixoreal Biomed Inc.