

S U P P L E M E N T F A C T S

ADVOCARE CORE®

Supplement Facts

Serving Size: 1 Pouch
Servings per Container: 14

	Amount Per Serving	%DV*
Vitamin A (as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin D (as cholecalciferol)	62.5 mcg	313%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	85.6 mg	571%
Vitamin K (as phytonadione)	20 mcg	17%
Thiamine (as thiamine HCl)	4.5 mg	375%
Riboflavin	5.1 mg	392%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (pyridoxine HCl)	6 mg	353%
Folate	667mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	12 mcg	500%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Choline	100 mg	18%
Calcium (as citrate, carbonate and amino acid chelate)	600 mg	46%
Phosphorus (as amino acid chelate)	25 mg	2%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide, amino acid chelate and ascorbate)	300 mg	71%
Zinc (as zinc monomethionine OptiZinc [†])	20 mg	182%
Selenium (L-Selenomethionine and amino acid chelate)	90 mcg	164%
Copper (as amino acid chelate)	2 mg	222%
Manganese (as amino acid chelate)	4 mg	174%
Chromium (as chromium citrate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Potassium (as chloride and amino acid chelate)	100 mg	2%
Curcumin (rhizome- <i>Curcuma longa</i>)		
- BCM-95 extract	200 mg	†
Amla Extract (fruit - <i>Emblica Officinalis</i>)	200 mg	†
Bacopa Extract (leaf/stem - <i>Bacopa monnieri</i>)	200 mg	†
Cats Claw Extract (bark- <i>Uncaria tomentosa</i>)	200 mg	†
Quercetin	100 mg	†
Coenzyme Q10	100 mg	†
Boswellia Serrata Extract (gum resin - <i>Boswellia serrata</i>)	100 mg	†
Grapeseed Extract (seed - <i>Vitis vinifera</i>)	100 mg	†
Ellagic acid (from Pomegranate) (fruit - <i>Punica granatum</i>)	80 mg	†
Phospholipid complex (standardized phosphatidylserine)	70 mg	†
Alpha Lipoic Acid	50 mg	†
Green Tea Extract (leaf- <i>Camellia sinensis</i>)	50 mg	†
Lycopene	16 mg	†
Resveratrol (root- <i>Polygonum cuspidatum</i>)	10 mg	†
Lutein	1 mg	†

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

†Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, GELATIN, STEARIC ACID, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE, SILICON DIOXIDE, HYDROXYPROPYL METHYLCELLULOSE, GLYCERIN, POLYETHYLENE GLYCOL, HYDROXYPROPYL CELLULOSE, RICE FLOUR, CHLOROPHYLLIN SODIUM COPPER COMPLEX.

CONTAINS: SOY

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RICHARDSON, TX 75082 • 800-542-4800

FOR MORE INFORMATION VISIT ADVOCARE.COM

DIRECTIONS FOR USE:

TAKE THE CONTENTS OF 1 POUCH WITH FOOD.
THE CONTENTS MAY BE CONSUMED AT ONCE OR SPREAD THROUGHOUT THE DAY.

CAUTION: DO NOT TAKE MORE THAN THE CONTENTS OF ONE POUCH PER DAY. CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. DO NOT TAKE THIS PRODUCT WITH ANY OTHER COREPLEX® PRODUCTS INCLUDING MNS® SYSTEMS.

KEEP OUT OF REACH OF CHILDREN.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

†OPTIZINC® & LOGO ARE TRADEMARKS OF LONZA OR ITS AFFILIATES.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

ADVOCARE® INTERNATIONAL, LLC