

WELLNESS WARRIOR™

Achieve Your Potential

Core Defense

Antioxidant Power of 20+ Servings of
Fruits & Vegetables Plus Immune Supporting
Elderberry, Quercetin, and Zinc*

MANGO

Core Defense Supplementation

Our bestselling Core Defense now contains the powerful immune-enhancing support of elderberry, quercetin, and zinc.* It's the same easy-to-mix, delicious, nutrient-dense, and antioxidant-rich superfood formula with the antioxidant power of 20+ servings of fruits and vegetables. We combine 100% whole food concentrates with pre- and probiotics, a potent fiber blend, and digestive enzymes with the added health benefits of clinically validated herbal extracts and minerals to give an extra boost to your immune health.*

This innovative formula has numerous health benefits:

- Supports the body's natural defense mechanisms*
- Promotes immune health*
- Naturally alkalizes the body*
- Promotes healthy detoxification*
- Supports healthy metabolism and lean body mass*
- Supports healthy digestion and nutrient absorption*
- Promotes a healthy gut microbiome and GI tract function*
- Promotes overall health, well-being, and longevity*
- No added preservatives, sugars, caffeine, or stimulants

How Core Defense Works

Plant-Based Micronutrients

Core Defense derives its antioxidant power exclusively from nutrient-packed whole food concentrates that encourage efficient absorption and utilization by the body.*¹ Our 100% whole food fruit and vegetable concentrates provide essential vitamins, minerals, and polyphenols to support the immune system against everyday free radical bombardment.*²

We also made sure to omit key allergens, preservatives, and stimulants, which can all wreak havoc in susceptible individuals.* The superfood blend is packed with premium micronutrients that support immune health, satiety, natural detoxification, energy metabolism, and healthy digestion.*³

Extra Immune Support with Elderberry, Quercetin, and Zinc

Core Defense has the added immune-enhancing support of elderberry, quercetin, and zinc.* Research shows that elderberry and quercetin support healthy inflammatory marker production in the body to balance the effects of poor nutritional choices in supporting immune health.*^{4,5,6} Zinc helps to support the body from free radicals and enhances cellular immunity.*⁷

Fiber, Prebiotics, and Digestive Enzymes

Core Defense also contains beneficial fibers that act as prebiotics to nourish the GI tract and provide sustained energy throughout the day.*³ In addition, we included essential digestive enzymes for supporting proper absorption of nutrients from foods.*⁸

Probiotic Blend

Core Defense includes a potent 4-strain blend of probiotics formulated to promote the growth of healthy bacteria in the GI tract.* A healthy gut microbiome acts as a barrier against undesirable microbes and promotes absorption of vital nutrients from food.*^{3,9}



SERVING SIZE: About 1 Scoop
SERVINGS PER CONTAINER: About 30



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

*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.

Ingredients	Amount	%DV
Calories	40	
Total Carbohydrates	9 g	3%*
Dietary Fiber	<1 g	2%*
Sugars	3 g	**
Protein	<1g	
Vitamin C (as ascorbic acid)	99 mg	110%
Iron	0.55 mg	3%
Zinc (as zinc citrate)	10 mg	91%
Sodium	35 mg	2%
SuperFruitox Antioxidant Blend Raspberry Fruit Extract, Black Raspberry Fruit Powder, Blackberry Fruit Powder, Papaya Fruit Powder, Plum Fruit Powder, Strawberry Fruit Powder, Cranberry Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Pomegranate Fruit Extract, Grape Seed Extract, Blueberry Leaf Extract, Acerola Berry Powder, Bilberry Fruit Extract, Black Cherry Fruit Extract, Organic Acai	2.77 g	**
Digestive Enzyme and Probiotic Blend Fructooligosaccharides, Lactobacillus acidophilus, Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium breve.	2.4 g	**
Vegetable Antioxidant Blend Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Extract, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder.	2.03 g	**
Fiber Blend Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract.	1.73 g	**
Elderberry Fruit Powder	500 mg	**
Quercetin (as quercetin dihydrate)	100 mg	**

OTHER INGREDIENTS: Citric Acid, Natural Flavor, Stevia.

DIRECTIONS: Mix 1 scoop in 8 fluid ounces of chilled water daily or as directed by your healthcare practitioner.

CAUTION: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

REFERENCES:

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