

We understand that being consistent with taking all of your supplements can be tough, especially when your lifestyle is busy and schedule is full. At Core Nutritionals®, we recognized this and put together a convenient daily packet that has everything you need to support your Crush It® lifestyle inside and outside of the gym. We've packed a combination of micronutrients, omega-3, probiotics, greens and reds, and products to support vital joints and organs, that can be highly beneficial to their overall function. Overall, a convenient daily pack of these supplements can help individuals maintain their health, support key body functions, and optimize well-being, even during a hectic and unpredictable lifestyle.†

⚠️ WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, 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 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 reach of children.

DIRECTIONS: Take 1 packet with water once a day. For best results, consume with a meal.

BIOPERINE BioPerine® is a registered trademark of Sabinsa Corporation.

cognatiQ CognatiQ® is a trademark of VDF FutureCeuticals, Inc. Pat. Fcpatent.com. Natural Support for Brain Health

PHYTO SERV PhytoServ® is a registered trademark of VDF FutureCeuticals, Inc.

†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.

Manufactured in a U.S. cGMP Facility. Distributed by: Core Nutritionals, LLC, Statesville, NC 28625. www.corenutritionals.com, info@corenutritionals.com, (888) 978-2332.

Crush It!



MULTIVITAMIN

- Complex micronutrient blend†
- Essential for healthy metabolic function and energy production†



GREENS AND REDS

- Full spectrum superfood blend†
- Can protect against free radicals†



PROBIOTIC

- Promotes optimal gut health and digestion†
- Important for nutrient absorption and overall health†



OMEGA 3

- Can support heart and joint health†
- Triglyceride form produced under a nitrogen barrier†



HEART AND LIVER

- Can enhance overall liver function†
- May support cardiovascular health and healthy cholesterol levels†



JOINT

- Can reduce joint stiffness and discomfort†
- Can encourage collagen formation†



BRAIN

- Can enhance focus and overall cognitive function†
- Can increase attention and new memory formation†



CORE NUTRITIONALS®

DAILY HEALTH PACK

DAILY Micronutrient Support†
IMPROVED Digestion and Nutrient Uptake†
ENHANCED Heart, Liver, and Cognitive Function†
REDUCED Joint Discomfort†

MULTIVITAMIN

Supplement Facts

Serving Size: 2 Capsules
 Servings Per Container: 30

	Amount Per Serving	% DV*
Vitamin A (as retinyl palmitate)	900 mcg RAE	100%
Vitamin C (as ascorbic acid)	225 mg	250%
Vitamin D (as cholecalciferol)	50 mcg	250%
Vitamin E (as dl-alpha tocopheryl acetate)	15 mg	100%
alpha-tocopherol		
Vitamin B1 (as thiamine hydrochloride)	24 mg	2000%
Vitamin B2 (as riboflavin)	25 mg	2000%
Vitamin B3 (as niacinamide)	15 mg NE	100%
Vitamin B6 (as pyridoxine hydrochloride)	17 mg	100%
Folate (as folic acid)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	120 mcg	5000%
Biotin	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%
Calcium (as dicalcium malate (DimaCal®))	53 mg	4%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as dimagnesium malate)	105 mg	25%
Zinc (as zinc aspartate)	11 mg	100%
Copper (as copper bisglycinate chelate)	0.9 mg	100%
Manganese (as manganese citrate)	2.3 mg	100%
Chromium (as chromium picolinate)	35 mcg	100%
Molybdenum (as molybdenum glycinate chelate)	45 mcg	100%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), Rice Powder, Magnesium Stearate.

JOINT

Supplement Facts

Serving Size: 1 Capsule
 Servings Per Container: 30

	Amount Per Serving	% DV
Turmeric Extract (85% Curcuminoids) (Curcuma longa/Root)	350 mg	**
Methylsulfonylmethane (MSM)	300 mg	**
BioPerine® Black Pepper Extract (Piper nigrum/Fruit)	10 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Cellulose, Rice Flour Powder, Magnesium Stearate.

HEART and LIVER

Supplement Facts

Serving Size: 1 Capsule
 Servings Per Container: 30

	Amount Per Serving	% DV
Milk Thistle Extract (Silybum marianum/Seed)	300 mg	**
Hawthorn Berry Extract (Crataegus pinatifida/Fruit)	275 mg	**
Coenzyme Q10 (ubiquinone)	50 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

GREENS

Supplement Facts

Serving Size: 2 Capsules
 Servings Per Container: 30

	Amount Per Serving	% DV
Chlorophyll Powder (Chlorella pyrenoidosa/Algae)	300 mg	**
Spirulina Powder (Spirulina platensis/Algae)	300 mg	**
PhytoServ® Fruit Blend:	70 mg	**
Grape and Grape Seed Extract, Wild Blueberry and Wild Blueberry Extract, Raspberry and Raspberry Seed Concentrate, Cranberry, Prune, Tart Cherry, Wild Bilberry and Wild Bilberry Extract, Strawberry, Silicon Dioxide		
PhytoServ® Veggie Blend:	60 mg	**
Broccoli Sprout, Onion Extract, Broccoli, Tomato, Carrot, Spinach, Kale, Corn Starch, Maltodextrin, Brussels Sprouts		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Capsule, Rice Powder, Microcrystalline Cellulose, Magnesium Stearate.

PROBIOTIC

Supplement Facts

Serving Size: 1 Capsule
 Servings Per Container: 30

	Amount Per Serving	% DV
Bromelain (Ananas comosus) (pineapple stem)	400 mg	**
Inulin	100 mg	**
Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase (DigeSEB®)	50 mg	**

Probiotics Blend: 10 Billion
 Lactobacillus casei, Lactobacillus acidophilus, Lactobacillus salivarius, Lactobacillus paracasei, Lactobacillus rhamnosus, Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus bulgaricus, Bifidobacterium breve

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Cellulose, Rice Powder, L-Leucine.

BRAIN

Supplement Facts

Serving Size: 1 Capsule
 Servings Per Container: 30

	Amount Per Serving	% DV
Alpha-Glycerol Phosphoryl Choline 50%	300 mg	**
Bacopa Extract (50% Bacopasides) (Bacopa monnieri L./Leaf)	150 mg	**
Coffee Fruit Extract (Coffea arabica/Fruit) (CognatiQ®)	100 mg	**
Toothed Oribanthes (Hyperziz serratia) (Aerial Parts) (1% Hyperzizine A)	10 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetable Cellulose, Calcium Silicate, Silicon Dioxide.

OMEGA 3

Supplement Facts

Serving Size: 1 Softgel
 Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	10	
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Total Omega-3 Fatty Acids	700 mg	**
EPA (Eicosapentaenoic Acid)	360 mg	**
DHA (Docosahexaenoic Acid)	240 mg	**
Other Omega-3 Fatty Acids	100 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
 ** Daily Value (DV) not established.

INGREDIENTS: Fish Oil, Glycerin, Gelatin, Natural (non-GMO) Tocopherols and Purified Water.

CONTAINS: Fish (Peruvian anchovies).

30 PACKETS PER BOX
 DIETARY SUPPLEMENT