Suggested Use: Using the dosage chart, add 1-3 scoops of MRP to 6-12 ounces of cold water or your favorite beverage and stir, shake, or blend. To make a creamy smoothie, add 2-3 ice cubes and put into blender for 20-30 seconds. Vary the amount of liquid to meet your desired taste and consistency. *For delicious pudding:* Spoon stir water slowly into MRP powder until you achieve a pudding consistency. Place in a refrigerator or freezer for 20 minutes.

	SNACK	MEAL (under 180lb)	MEAL (over 180lb)
SERVING	1 scoop	2 scoops	3 scoops
CALORIES	120	240	360
PROTEIN	12.5g	25g	37.5g
CARBS	12.5g	25g	37.5g
FAT	2.5g	5g	7.5g
FIBER	2g	4g	6g

50% FAST RELEASE - **WHEY PROTEIN ISOLATE**

PROVIDES UP TO 4 HOURS SUSTAINED RELEASE PROTEIN

SLOW RELEASE - **MICELLAR CASEIN** **50%**

COMPLETE 40:40:20 MEAL REPLACEMENT SHAKE

40% PROTEIN: Combines 50% Whey Protein Isolate and 50% Micellar Casein to provide 4-hours of sustained release amino acid delivery.

40% COMPLEX CARBS: Includes Highly Branched Cyclic Dextrin with a low glycemic load to promote level insulin response and continuous energy release.

20% FATS: MCT sourced from coconut oil. Provides fat in the diet which is used to support energy and growth without contributing to stored body fat.

VITAMIN MINERAL COMPLEX: Contains a full spectrum of vitamins and minerals.

SINCE 1996

MANUFACTURED IN OUR GMP & FDA INSPECTED FACILITY

FDA Registration: 16906175560

NO AMINO SPIKE-FREE SPIKING

NUTRABIO®

GLUTEN & SOY FREE | BSE/TSE FREE

MUSCLE MATRIX MRP

40:40:20 MEAL REPLACEMENT

4-HOUR Protein Release | **LOW** Glycemic Carbs | **VITAMINS** Minerals & Fiber

2.4lb

Natural Flavoring
Dietary Supplement
Net Wt. 2.4lb (1096g)

CREAMY VANILLA

MADE IN OUR GMP & FDA INSPECTED FACILITY

25G PROTEIN

240 CALORIES

5.2G BCAAs

Supplement Facts

Serving size: 2 scoops (60.87 grams)
Servings per container: 18

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 240		Calcium 419mg	40%*
Calories from Fat 40		Phosphorus 207mg	20%*
Total Fat 5g	8%*	Iodine (potassium iodide) 75mcg	50%*
Saturated Fat 5g	24%*	Magnesium 12mg	2%*
Cholesterol 10mg	3%*	Zinc (zinc citrate) 8mg	50%*
Total Carbohydrate 25g	8%*	Selenium (selenium chelate) 35mcg	50%*
Dietary Fiber 5g	19%*	Copper (copper oxide) 1mg	50%*
Sugars <1g	†	Chromium (chromium nicotinate chelate) 62mcg	50%*
Protein 25g	50%*	Sodium 83mg	4%*
Vitamin A (palmitate) 2516 IU	50%*	Potassium 170mg	4%*
Vitamin C (ascorbic acid) 30mg	50%*	**Whey Protein Isolate** (WPI 90) (non-denatured) 15.06g (CFM cross flow micro and ultra-filtered WPI90. Cold processed. Instantized with sunflower lecithin. Yielding 13.10g complete protein.)	†
Vitamin D (cholecalciferol) 200 IU	50%*	**Micellar Casein** (non-denatured) 15.06g (Cold processed. Instantized with sunflower lecithin. Yielding 11.5g complete protein.)	†
Vitamin E (dl-a-tocopheryl acetate) 15 IU	50%*	**Highly Branched Cyclic Dextrin** (as ClusterDextrin®) 19.5g	†
Vitamin K (phytonadione) 40mcg	50%*	**MCT Coconut Powder** 6g (100% coconut medium chain triglycerides, soluble corn fiber, sodium caseinate, sunflower lecithin, silicon dioxide (flow agent))	†
Thiamin (thiamine mononitrate) 752mcg	50%*	**Fiber Matrix** (Fibersol2® fiber 4g, xanthan gum 350mg) 4.35g	†
Riboflavin (Vitamin B2) 855mcg	50%*	**Flavor Profile** 735mg (natural flavor 610mg, salt 65mg, sucralose 60mg)	†
Vitamin B3 (niacinamide) 10mg	50%*		
Vitamin B6 (pyridoxine HCl) 1mg	50%*		
Folic Acid 200mcg	50%*		
Vitamin B12 (methylcobalamin) 3mcg	50%*		
Biotin 150mcg	50%*		
Pantothenic Acid (Vitamin B5) 5mg	50%*		

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

Other Ingredients: ABSOLUTELY NONE.

Allergens: Milk

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING THE SHIPPING AND HANDLING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)

‡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.

MADE IN USA

26210-003 B20689-004

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FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

CHECK. VERIFY. TRUST. View Independent Lab Results CHECKMYSUPPS.COM

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