

At Core Nutritionals, a meal is well-balanced, nutritious, and most importantly, delicious. Yet most “meal supplements” are full of filler carbohydrates, low-grade proteins, and chalky flavor mixtures that have little taste and even less nutrition. We would hate to see the “meals” these supplements are supposedly substituting. †

Core MRP is a better solution – a true meal supplement, not a meal imposter. Grain-sourced carbohydrates, not fillers and high glycemic carbohydrates. Rich protein sources from high quality whey and casein, not bottom-of-the-barrel powders. Premium flavors, digestive enzymes, and vitamins and minerals, not whatever else was lying around. Everything your body needs in an instantized, easy-mixing, convenient, and delicious blend. †

**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. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Add 2 scoops to 8-16 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. 3 scoops can be used if more macronutrients are required. Core MRP also tastes great as a pudding; just add enough water to turn it into pudding consistency, stir together with a spoon, and place in a refrigerator or freezer for 20 minutes. Core MRP is also suitable for use in baking.

†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.



- » Protect from heat, light and moisture
- » Store at 10-25°C (50-77°F)



# MRP

## FULL-SPECTRUM MEAL SUPPLEMENT

SUPERIOR PROTEIN BLEND

LOW GLYCEMIC CARBS

DIGESTIVE BLEND

NO MALTODEXTRIN FILLERS, OR ASPARTAME

FULL SPECTRUM OF VITAMINS AND MINERALS

**APPLE CRUMB CAKE**  
 NATURALLY FLAVORED  
 DIETARY SUPPLEMENT • NET WEIGHT 3.0 LBS (1360 G)

## Supplement Facts

Serving Size: 2 scoops (68.5)

Servings Per Container: 20

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	252		Folate	100 mcg	25%*
Total Fat	5 g	6%*	Vitamin B12	1.56 mcg	65%*
Saturated Fat	2 g	10%*	Biotin	75 mcg	250%*
Cholesterol	62 mg	21%*	Pantothenic Acid	2.6 mg	52%*
Total Carbohydrate	27 g	10%*	Calcium	466 mg	36%*
Dietary Fiber	4 g	14%*	Iron	7 mg	39%*
Total Sugars	2 g	**	Phosphorus	225 mg	23%*
Protein	27 g	54%*	Iodine	44 mcg	29%*
			Magnesium	120 mg	29%*
Vitamin A	1250 IU	76%*	Zinc	3.65 mg	33%*
Vitamin C	15 mg	17%*	Selenium	18 mcg	33%*
Vitamin D3	100 IU	13%*	Copper	0.62 mg	69%*
Vitamin E	7.5 IU	50%*	Manganese	1 mg	43%*
Vitamin K	16 mcg	13%*	Chromium	30 mcg	86%*
Thiamin	0.39 mg	33%*	Molybdenum	19 mcg	42%*
Riboflavin	0.44 mg	34%*	Sodium	392 mg	17%*
Niacin	5 mg	31%*	Potassium	253 mg	5%*
Vitamin B6	0.5 mg	29%*			

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

**OTHER INGREDIENTS:** Carbohydrate Blend (Oat Flour and Barley Flour), Protein Blend (Cold-processed Undenatured Whey Protein Concentrate, Milk Protein Concentrate, Micellar Casein, and Cross-flow Microfiltered Whey Protein Isolate), Natural Flavors, Sucralose, Cinnamon Extract (Cinnamomum cassia)(Inner Bark), DigeSEB™(Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase).

Manufactured in a U.S. cGMP Facility.  
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