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 from real whole foods, 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)

Crush It!

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CORE NUTRITIONALS®

MRP

FULL SPECTRUM MEAL SUPPLEMENT

WHEY/CASEIN PROTEIN BLEND† | LOW GLYCEMIC CARBS†
DIGESTIVE BLEND† | WHOLE FOOD BASED VITAMINS AND MINERALS†

DOUBLE CHOCOLATE OATMEAL COOKIE

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

20 SERVINGS • NET WT. 3 LBS (1362 G)

Supplement Facts

Serving Size: 2 scoops (69g)
Servings Per Container: approx. 20

	Amount Per Serving	% Daily Value
Calories	270	
Total Fat	6 g	8%*
Saturated Fat	3 g	15%*
Trans Fat	0 g	**
Cholesterol	48 mg	16%*
Total Carbohydrate	27 g	10%*
Dietary Fiber	4 g	14%*
Total Sugars	2 g	**
Added Sugars	0 g	0%*
Protein	27 g	54%*
Vitamin A	316 mcg RAE	35%*
Vitamin C	32 mg	36%*
Vitamin D	7 mcg	35%*
Vitamin E	5 mg a-tocopherol	33%*
Vitamin K	42 mcg	35%*
Thiamin	0.42 mg	35%*
Riboflavin	0.46 mg	35%*
Niacin	5.6 mg NE	35%*
Vitamin B6	0.6 mg	35%*
Folate	140 mcg DFE	35%*
Vitamin B12	0.84 mcg	35%*
Biotin	11 mcg	37%*
Pantothenic Acid	1.75 mg	35%*
Calcium	290 mg	22%*
Iron	9.43 mg	52%*
Phosphorus	188 mg	15%*
Iodine	50 mcg	33%*
Magnesium	40 mg	10%*
Zinc	3.86 mg	35%*
Selenium	19 mcg	35%*
Copper	0.3 mg	33%*
Manganese	0.8 mg	35%*
Chromium	12 mcg	34%*
Molybdenum	16 mcg	36%*
Sodium	305 mg	13%*
Potassium	428 mg	9%*

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

Typical Amino Acid Profile

	Amount Per Serving
Alanine	1310 mg
Arginine	707 mg
Aspartic Acid	2806 mg
Cysteine	593 mg
Glutamic Acid	4422 mg
Glycine	501 mg
Histidine ǂ	512 mg
Isoleucine ǂǂ	1650 mg
Leucine ǂǂ	2899 mg
Lysine ǂ	2464 mg
Methionine ǂ	593 mg
Phenylalanine ǂ	880 mg
Proline	1696 mg
Serine	1363 mg
Threonine ǂ	1826 mg
Tryptophan ǂǂǂ	488 mg
Tyrosine	809 mg
Valine ǂǂ	1621 mg

ǂ Essential Amino Acids
ǂǂ BCAA's
ǂǂǂ The L-Tryptophan indicated is from naturally occurring sources of protein.

INGREDIENTS: Whole Grain Oat Flour (33.9g yielding 5.1g protein), Cold-Processed Undenatured Whey Protein Concentrate (13.125g yielding 10.5g protein), Milk Protein Isolate (6.56g yielding 5.25g protein), Cross-Flow Microfiltered Whey Protein Isolate (6.56g yielding 5.25g protein), Coconut Oil Creamer, Cocoa Powder (2.6g yielding 0.9g protein), Natural & Artificial Flavors, Sodium Chloride, Xanthan Gum, Sucralose, Whole Food Based Vitamin & Mineral Blend (from Broccoli, Spinach, Kale, Pumpkin, Sweet Potato, Sunflower Seed, Kelp, Chlorella, Maitake Mushroom, Shiitake Mushroom), DigeSEB™(Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin.

ALLERGEN INFORMATION: Contains Milk, Wheat, Tree Nuts, and Soy (lecithin).

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Sterling, VA 20164.
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