At Core Nutritionals, efficiency is a philosophy and guiding principle – something we put into everything we do as a company because it's important to everything you do as an athlete.

Core Nutritionals' Core PRO is no different. As an innovative, clinical-strength, and sustained-released protein formula, Core PRO provides your body the fuel it needs, when it needs it. Comprised of an advanced mixture of fast-uptake and sustained-release proteins, our non-proprietary blend of protein sources optimizes your growth and recovery with a targeted approach to protein kinetics, synthesis, and metabolism. Further enhanced by a powerful digestive enzyme blend and an amino ratio clinically-verified as superior, Core PRO is a metabolically-complete growth solution.*

At the same time, Core PRO does not sacrifice taste for quality. With gourmet flavors that are second to none and a silky-smooth texture, Core PRO is the best tasting, highest quality protein supplement available. †

⚠ **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. Immediately 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 1 scoop to 6-8 ounces of cold water and shake or stir until mixed.

*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!®

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

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CORE NUTRITIONALS®

# PRO

## SUSTAINED RELEASE PROTEIN BLEND

NO FILLERS† | FULL DISCLOSURE WHEY/CASEIN BLEND†
COMPLETE AMINO ACID PROFILE† | GOURMET TASTE†

**CINNAMON FRENCH TOAST**

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

**69 SERVINGS · NET WT. 5 LBS (2268 G)**

## Supplement Facts

Serving Size: 1 Scoop (32.8g)
Servings Per Container: Approx. 69

| | Amount Per Serving | % DV |
|---|---|---|
| **Calories** | 130 | |
| **Total Fat** | 2.5 g | 3%* |
| Saturated Fat | 2 g | 10%* |
| *Trans* Fat | 0 g | ** |
| **Cholesterol** | 40 mg | 13%* |
| **Total Carbohydrate** | 2 g | 1%* |
| Dietary Fiber | 0 g | 0%* |
| Total Sugars | 1 g | ** |
| Added Sugars | 0 g | 0%* |
| **Protein** | 25 g | 50%* |
| Calcium | 267 mg | 21%* |
| Iron | 0.23 mg | 1%* |
| Phosphorus | 104 mg | 8%* |
| Magnesium | 22 mg | 5%* |
| Sodium | 135 mg | 6%* |
| Potassium | 126 mg | 3%* |

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

## Typical Amino Acid Profile

| | Amount Per Serving |
|---|---|
| Alanine | 1097 mg |
| Arginine | 681 mg |
| Aspartic Acid | 2370 mg |
| Cysteine | 467 mg |
| Glutamic Acid | 4309 mg |
| Glycine | 445 mg |
| Histidine ǂ | 513 mg |
| Isoleucine ǂǂ | 1453 mg |
| Leucine ǂǂ | 2628 mg |
| Lysine ǂ | 2235 mg |
| Methionine ǂ | 586 mg |
| Phenylalanine ǂ | 880 mg |
| Proline | 1832 mg |
| Serine | 1287 mg |
| Threonine ǂ | 1498 mg |
| Tryptophan ǂǂǂ | 414 mg |
| Tyrosine | 865 mg |
| Valine ǂǂ | 1481 mg |
| **Total** | **25,041 mg** |

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

**INGREDIENTS:** Cold-Processed Undenatured Whey Protein Concentrate (15.63g yielding 12.5g), Cross-Flow Microfiltered Whey Protein Isolate (6.94g yielding 6.25g), Milk Protein Isolate (6.94g yielding 6.25g), Coconut Oil Creamer, Natural & Artificial Flavors, Gum Blend (Gum Acacia, Cellulose Gum, Xanthan Gum, Guar Gum, Carrageenan), Cinnamon Bark Extract, Sodium Chloride, Sucralose, DigeSEB ™(Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin.

**ALLERGEN INFORMATION:** Contains Milk and Coconut. Manufactured in a facility which processes Milk, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans.