

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-release protein formula, Core PRO provides your body the fuel it needs, when it needs it. Composed of an advanced mixture of fast-absorb 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 medications, 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 swallowing 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 stir or stir well 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, Raleigh, NC 27606
www.corenutritionals.com, info@corenutritionals.com,
(888) 976-2312



Protect from heat, light and moisture.
Store at 60-75°F (15-24°C)



CORE NUTRITIONALS®

PRO

SUSTAINED RELEASE PROTEIN BLEND

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

COOKIES N' CREAM

ARTIFICIALLY FLAVORED, DIETARY SUPPLEMENT

24 SERVINGS • NET WT. 2 LBS (907 G)



Supplement Facts

Serving Size: 1 Scoop (35g)

Servings Per Container: Approx. 26

	Amount Per Serving	% DV
Calories	140	
Total Fat	3 g	4%*
Saturated Fat	2 g	10%*
Trans Fat	0 g	**
Cholesterol	40 mg	13%*
Total Carbohydrate	3 g	1%*
Dietary Fiber	0 g	0%*
Total Sugars	3 g	**
Added Sugars	1 g	2%*
Protein	25 g	50%*
Calcium	267 mg	21%*
Iron	0.31 mg	2%*
Phosphorus	104 mg	8%*
Magnesium	22 mg	5%*
Sodium	143 mg	6%*
Potassium	120 mg	3%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

INGREDIENTS: Cold-Processed Undenatured Whey Protein Concentrate (25.63g yielding 12.5g), Cross-Flow Microfiltered Whey Protein Isolate (5.94g yielding 6.25g), Milk Protein Isolate (5.94g yielding 6.25g), Chocolate Sandwich Cookie Pieces, Coconut Oil Creamer, Natural & Artificial Flavors, Gum Blend (Gum Acacia, Cellulose Gum, Xanthan Gum, Guar Gum, Carrageenan), Sodium Chloride, Sucralose, DigestB7 (Digestive Enzyme Blend: Amylase, Lactase, Proteases, Lipase, Cellulase).

ALLERGEN INFORMATION: Contains Milk, Coconut, Gluten, and Soy (Lecithin). Manufactured in a facility which processes Milk, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans.

Typical Amino Acid Profile Amount Per Serving

Alanine	1097 mg
Arginine	661 mg
Aspartic Acid	2370 mg
Cysteine	467 mg
Glutamic Acid	4309 mg
Glycine	445 mg
Histidine	513 mg
Isoleucine	1453 mg
Leucine	2626 mg
Lysine	2236 mg
Methionine	566 mg
Phenylalanine	660 mg
Proline	1832 mg
Serine	1267 mg
Threonine	1498 mg
Tryptophan	414 mg
Tyrosine	666 mg
Valine	1461 mg

Total 25,041 mg

(Essential Amino Acids

BCAA's

The L-Tryptophan indicated is from naturally occurring sources of protein.