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)

6 72975 00980 9

CORE NUTRITIONALS®

PRO

SUSTAINED RELEASE PROTEIN BLEND

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

FRUITY CEREAL

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

28 SERVINGS • NET WT. 2 LBS (907 G)

Supplement Facts

Serving Size: 1 Scoop (32g)
Servings Per Container: Approx. 28

	Amount Per Serving	% DV
Calories	120	
Total Fat	2 g	3%*
Saturated Fat	1.5 g	8%*
Trans Fat	0 g	**
Cholesterol	40 mg	13%*
Total Carbohydrate	1.5 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	0.22 mg	1%*
Phosphorus	104 mg	8%*
Magnesium	22 mg	5%*
Sodium	134 mg	6%*
Potassium	117 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), 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.