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 31587 0

CORE NUTRITIONALS®

# PRO

## SUSTAINED RELEASE PROTEIN BLEND

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

**PEANUT BUTTER & JELLY**

NATURALLY FLAVORED DIETARY SUPPLEMENT

**27 SERVINGS • NET WT. 2 LBS (907 G)**

## Supplement Facts

Serving Size: 1 Scoop (33.6g)
Servings Per Container: Approx. 27

| | Amount Per Serving | % DV |
|---|---|---|
| **Calories** | 140 | |
| **Total Fat** | 2.5 g | 3%* |
| Saturated Fat | 1.5 g | 8%* |
| *Trans* Fat | 0 g | ** |
| **Cholesterol** | 50 mg | 17%* |
| **Total Carbohydrate** | 2.5 g | 1%* |
| Dietary Fiber | 0 g | 0%* |
| Total Sugars | 1.5 g | ** |
| Added Sugars | 0 g | 0%* |
| **Protein** | 25 g | 50%* |
| Calcium | 259 mg | 20%* |
| Iron | 0.53 mg | 3%* |
| Phosphorus | 162 mg | 13%* |
| Magnesium | 24 mg | 6%* |
| Chloride | 86 mg | 4%* |
| Sodium | 129 mg | 6%* |
| Potassium | 158 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 | 929 mg |
| Arginine | 626 mg |
| Aspartic Acid | 2008 mg |
| Cysteine | 347 mg |
| Glutamic Acid | 3922 mg |
| Glycine | 376 mg |
| Histidine I | 424 mg |
| Isoleucine II | 1143 mg |
| Leucine II | 2183 mg |
| Lysine I | 1889 mg |
| Methionine I | 493 mg |
| Phenylalanine I | 742 mg |
| Proline | 1427 mg |
| Serine | 1084 mg |
| Threonine I | 1278 mg |
| Tryptophan III | 321 mg |
| Tyrosine | 728 mg |
| Valine II | 1222 mg |
| **Total** | **25,041 mg** |

I Essential Amino Acids
II BCAA's
III 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, Peanut Flour, Natural Flavors, Gum Blend (Gum Acacia, Cellulose Gum, Xanthan Gum, Guar Gum, Carrageenan), Sucralose, Sodium Chloride, DigeSEB (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin.

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