

All Core Nutritionals® we love round the clock nutrition very seriously. We feed our bodies when we wake up, before and after we train, and other meals throughout the day to stay motivated. The one meal that should never go unnoticed, however, is that meal you are searching for right before bed. This is when the proverbial "sweet tooth" can rear its ugly head and have you searching your pantry for just about anything.

Core PUDD'N is a better solution and can satisfy any sweet craving. With a thick and creamy texture coming from a high quality protein blend, along with added inclusions for a dessert-like experience, you're going to be treating your body to everything it craves in one sweet and delicious PUDD'N. In addition to tasting ridiculously delicious, this before bed or anytime snack has the perfect slow-digesting protein blend to help aid recovery and fuel your muscles.*

⚠️ 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.P66Warnings.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, cardiovascular disease, 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 1-2 oz. of water slowly, while stirring, until desired PUDD'N consistency is achieved. For an ice cream-like treat, pulse mixed PUDD'N in the refrigerator or freezer for 20 minutes.

*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, Bismarck, NC 28506
www.CoreNutritionals.com, info@corenutritionals.com,
(888) 939-2352



Crash!™
Protect from heat, light and moisture.
Store at 68-75°F (20-24°C)



CORE NUTRITIONALS®

PUDD'N

DECADENT PROTEIN PUDDING MIX

FULL DISCLOSURE CASEIN BLEND* | SUSTAINED RELEASE*
REAL CONFECTIONARY INCLUSIONS*

FLUFFERNILLA

ARTIFICIALLY AND NON-CHEMICALLY FLAVORED DIETARY SUPPLEMENT

27 SERVINGS • NET WT. 2 LBS (907 G)



Supplement Facts

Serving Size: 1 Scoop (33.3g)

Servings Per Container: Approx. 27

	Amount Per Serving	% DV
Calories	140	
Total Fat	4 g	8%**
Saturated Fat	3 g	15%**
Trans Fat	0 g	--
Cholesterol	36 mg	12%**
Total Carbohydrate	6 g	2%**
Dietary Fiber	0 g	0%**
Total Sugars	3 g	--
Added Sugars	2 g	4%**
Protein	20 g	
Calcium	400 mg	30%**
Iron	0.13 mg	1%**
Phosphorus	60 mg	7%**
Magnesium	22 mg	5%**
Sodium	35 mg	2%**
Potassium	128 mg	3%**

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

** Daily Values not established.

Typical Amino Acid Profile

	Amount Per Serving
Alanine	699 mg
Arginine	682 mg
Aspartic Acid	1408 mg
Cysteine	220 mg
Glutamic Acid	3612 mg
Glycine	346 mg
Histidine I	580 mg
Isoleucine II	1141 mg
Leucine II	1679 mg
Lysine I	1728 mg
Methionine I	480 mg
Phenylalanine I	845 mg
Proline	1571 mg
Serine	981 mg
Threonine I	1079 mg
Tryptophan II	446 mg
Valine	796 mg
Valine II	1194 mg
Total	99,931 mg

I Essential Amino Acids

II BCAAs

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

INGREDIENTS: Micellar Casein (11.11g yielding 10g), Cold-Processed Undenatured Whey Protein Concentrate (6.25g yielding 5g), Coconut Oil Creamer, Milk Protein Isolate (5.55g yielding 5g), White Mini Marshmallow (corn syrup, modified cornstarch, sugar, tetrasodium pyrophosphate), Natural & Artificial Flavors, Xanthan Gum, Sucralose, Sunflower Lecithin, DigeSEB (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase).

ALLERGEN INFORMATION: Milk, Tree Nut (coconut). Manufactured in a facility which processes Milk, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans.