At Core Nutritionals® we take 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 nourished. 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 casein 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.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 1-3 oz. of water slowly, while stirring, until desired PUDD'N consistency is achieved. For an ice cream-like treat, place 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, 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®

PUDD'N

DECADENT PROTEIN PUDDING MIX

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

ROCKY ROAD

NATURALLY AND ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

24 SERVINGS • NET WT. 2 LBS (907 G)

Supplement Facts

Serving Size: 1 Scoop (37.5g)
Servings Per Container: Approx. 24

	Amount Per Serving	% DV
Calories	180	
Total Fat	6 g	8%*
Saturated Fat	4 g	20%*
Trans Fat	0 g	**
Cholesterol	36 mg	12%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	1 g	4%*
Total Sugars	7 g	**
Added Sugars	6 g	12%*
Protein	20 g	
Calcium	432 mg	33%*
Iron	0.71 mg	4%*
Phosphorus	100 mg	8%*
Magnesium	29 mg	7%*
Sodium	35 mg	2%*
Potassium	188 mg	4%*

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

Typical Amino Acid Profile

Amount Per Serving	
Alanine	699 mg
Arginine	662 mg
Aspartic Acid	1406 mg
Cysteine	220 mg
Glutamic Acid	3812 mg
Glycine	346 mg
Histidine ǂ	580 mg
Isoleucine ǂǂ	1141 mg
Leucine ǂǂ	1979 mg
Lysine ǂ	1728 mg
Methionine ǂ	480 mg
Phenylalanine ǂ	845 mg
Proline	1571 mg
Serine	961 mg
Threonine ǂ	1079 mg
Tryptophan ǂǂǂ	446 mg
Tyrosine	786 mg
Valine ǂǂ	1194 mg
Total	**19,931 mg**

ǂ Essential Amino Acids
ǂǂ BCAA's
ǂǂǂ 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, terasolum pyrophosphate), **Chocolate Chip** (Sugar, Chcoolate, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Flavors), **Cocoa Powder, Natural & Artificial Flavors, Xanthan Gum, Sucralose, Sunflower Lecithin, DigeSEB™ (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase).**

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