

ULTIMATE RECOVERY AND GROWTH

THE MRE PROTEIN LINE IS BUILT OFF THE PREMISE THAT 'REAL FOOD IS THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY'. FORMULATED WITHOUT WHEY PROTEIN,† MRE HAS 47g OF PROTEIN PER SERVING PLUS MULTIPLE CARBOHYDRATE AND AMINO ACID PROFILES DELIVERING A COMPLETE MEAL REPLACEMENT OPTION. MIX. SIP. RECOVER.



MULTIPLE, WHOLE FOOD PROTEIN SOURCES



CREAMY MILKSHAKE TASTE AND TEXTURE



QUICK & COMPLEX CARBS IDEAL POST WORKOUT



NO WHEY, EASY TO DIGEST †

FOR BEST RESULTS



HOW TO TAKE

MIX (4) SCOOPS OF MRE WITH 14-16oz OF WATER OR YOUR FAVORITE BEVERAGE. SHAKE WELL AND CONSUME.



WHEN TO TAKE

ANY TIME OF DAY AS A HIGH PROTEIN COMPLETE MEAL REPLACEMENT.



WATCH VIDEO SCAN TO LEARN MORE

†Not a low calorie food. See nutrition information for calorie and sugar content. NOTICE: Use this product as a food supplement only. Do not use for weight reduction. †Contains Milk. See nutrition panel for allergen information.

REDCON1

MRE®

25 SERVINGS

WHOLE FOOD PROTEIN



47g PROTEIN

NO WHEY†

520 CALORIES

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MEAL REPLACEMENT POWDER DRINK MIX

Net Wt. 7.16 lb (3,250g)

SOLD BY WEIGHT NOT VOLUME

COOKIES & CREAM
NATURALLY AND ARTIFICIALLY FLAVORED

75g CARBOHYDRATES

520 CALORIES

47g PROTEIN

Nutrition Facts

25 servings per container	
Serving size	4 Scoops (130g)
Amount Per Serving	
Calories	520
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 325mg	14%
Total Carbohydrate 75g	27%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 4g Added Sugars	0%
Protein 47g	94%
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 2.7mg	15%
Potassium 175mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rolled Oats, Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Brown Rice Protein, Chicken Protein, Egg Albumin, Salmon Protein), Milk Powder (for texture), Dextrose, Ground Cinnamon, Carbohydrate Blend (Dehydrated Yam, Sweet Potato, Pea Starch, Coconut Water Powder, Blueberry, Goji Berry), Medium Chain Triglyceride Oil Powder (Nonfat Dry Milk, Potassium Phosphate), Maltodextrin, Cookie Crumbs (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa [processed with alkali], Corn Starch, Salt, Chocolate Liquor, Natural Flavor, Sodium Bicarbonate, Soy Lecithin), Natural and Artificial Flavors, Salt, Cellulose Gum, Sucralose, Acesulfame Potassium and Silicon Dioxide.

Contains: Milk, Egg, Fish (Salmon), Tree Nuts (Coconut), Soy (Lecithin).

Allergen Warning: Manufactured on shared equipment which processes products containing Milk, Egg, Soy, Peanuts, Tree Nuts, Wheat, Shellfish, Fish and Sesame.

DISTRIBUTED BY: REDCON1, LLC
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Contains a Bioengineered food ingredient.

Settling may occur. Keep in a cool, dry place. Store at 59-86°F (15-30°C)



V.2.1

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