

THE OBJECTIVE:

THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY IS REAL WHOLE FOODS. WE CREATED MRE® TO PROVIDE YOUR BODY WITH THE BEST FUEL POSSIBLE. IN THE MILITARY, MRES ARE FOOD RATIONS THAT GIVE THE SOLDIERS THE NUTRIENTS THEY NEED TO SURVIVE ON A MISSION. WITH MRE® WE HAVE GIVEN YOU THE FUEL YOU NEED TO REPAIR AND RECOVER AFTER WORKOUTS FROM HIGH QUALITY WHOLE FOOD SOURCES. STOP REACHING FOR FAST FOOD AND REACH FOR WHOLE FOODS WITH MRE®.



MRE® SUGGESTED USE:

FOR ADDED DIETARY PROTEIN OR A MEAL REPLACEMENT, MIX (1) SERVING OF MRE WITH 14-16 OUNCES OF WATER OR YOUR FAVORITE BEVERAGE, SHAKE WELL AND CONSUME.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. This product is intended to be consumed by healthy adults 18 years of age or older.

MEAL REPLACEMENT

REDCON1

25 SERVINGS

MRE®

REAL WHOLE FOOD

MEAL REPLACEMENT



MEAL REPLACEMENT
POWDER DRINK MIX

Net Wt. 7.15 lb (3,243g)

TAKE BY WEIGHT NOT VOLUME

VANILLA MILKSHAKE
NATURALLY AND ARTIFICIALLY FLAVORED

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★ MEAL REPLACEMENT ★ WHOLE FOOD SOURCES ★ NO WHEY PROTEIN

Nutrition Facts

25 servings per container
Serving Size 4 Scoops (130g)

Amount Per Serving
Calories 530

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 200mg	9%
Total Carbohydrate 75g	27%
Dietary Fiber 8g	28%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 47g	94%
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 3mg	15%
Potassium 250mg	4%

*The % Daily Value 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, Salmon Protein, Chicken Protein, Egg Albumin, Brown Rice Protein, Pea Protein), Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Coconut Water Powder, Dehydrated Blueberry, Dehydrated Gail Berry, Maltodextrin, Dextrase, Medium Chain Triglyceride (MCT) Oil Powder, Natural and Artificial Flavors, Milk Creamer (for texture), Ground Cinnamon, Cellulose Gum, Sucralose, Xanthan Gum, Acesulfame-K.

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

Allergen Warning: Manufactured on shared equipment which processes products containing Soy, Wheat, Shellfish, Fish, and Peanuts.

DISTRIBUTED BY: REDCON1, LLC
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Settling may occur. Keep in a cool dry place. Store at 59-86°F (15-30°C)



WWW.REDCON1.COM



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