

LOW CARB MEAL REPLACEMENT

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 LITE IS A DELICIOUS WAY TO UP YOUR PROTEIN INTAKE. PLUS IT'S GENTLE ON YOUR STOMACH AND TASTES DELICIOUS.



BUILD & RECOVER
ANY TIME OF DAY



MULTIPLE WHOLE FOOD
PROTEIN SOURCES



CREAMY MILKSHAKE
TASTE & TEXTURE.



NO WHEY.
EASY TO DIGEST†

FOR BEST RESULTS



HOW TO TAKE

MIX (1) SCOOP OF MRE LITE
WITH 4-6oz 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 LITE®

30 SERVINGS

WHOLE FOOD PROTEIN

24g PROTEIN

NO WHEY†

130 CALORIES

PROTEIN POWDER DRINK MIX
Net Wt. 33.33 oz (2.08lb) (945g)

SOLD BY WEIGHT NOT VOLUME

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130 CALORIES

0g ADDED SUGAR**

24g PROTEIN

Nutrition Facts

30 servings per container
Serving size 1 Scoop (31.5g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 4g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 0.3mg	2%
Potassium 20mg	0%

*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: Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Chicken Protein, Egg Albumin, Salmon Protein, Brown Rice Protein), Milk Powder (for texture), Medium Chain Triglyceride Oil Powder (Nonfat Dry Milk, Potassium Phosphate), Natural and Artificial Flavors, Cinnamon, Cellulose Gum, Salt, Sucralose, Acesulfame Potassium, Silica, Maltodextrin.

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

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



V.2.1

@REDCON1

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