ANIMAL PROTEIN SOURCES





Nutrition Facts

30 servings per container **Serving Size**

1 Scoop (29g)

Amount Per Serving

130 **Calories**

	% Daily Value
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietay Fiber 1g	4%
Total Sugars 2g	
Includes Og Added Sugars	0%
Protein 24g	48%
Vitamin D Omcg	0%
Calcium 24mg	2%
Iron 2mg	25%

Ingredients: Whole Food Protein Blend (Beef Protein Isolate, Salmon Protein, Chicken Protein, Egg Albumin, Brown Kiec Protein, Pea Protein) Peanut Powder (Dark roast), Natural and Artificial Flavors, Milk Creamer (for texture), Callulose Gum, Occonut Water Powder, Medium Chain Triglycende (MCT) Oil Powder, Moltodextrin, Soil, Sucralose, Acesulfamek.

"The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Contains: Egg, Fish (Salmon), Tree Nuts (Coconu<u>t), Peanuts, Milk</u> Allergen Warning: Manufactured on shared equipment which processes products containing Soy, Wheat, Shellfish, and Fish,

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2,000 calories a day is used for general nutrition advice.

Potassium 125m

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

MRE LITE" SUGGESTED USE:

THE OBJECTIVE:

OUR WHOLE FOOD MEAL REPLACEMENT POWDER MRE IS NOW AVAILABLE IN LOWER CALORIES - INTRODUCING MRE LITE. MRE LITE DELIVERS THE SAME GREAT TASTE AND WHOLE FOOD SOURCES AS OUR ORIGINAL MRE FORMULA, BUT WITH MUCH LESS CARBOHYDRATES, IDEAL FOR THE PERSON KEEPING A CLOSE AND WATCHFUL EYE ON THEIR MACRONUTRIENTS. THAT MEANS IF YOU'RE DIETING AND ON RESTRICTED CALORIES, YOU TOO CAN ENJOY THE ONE-OF-A-KIND, WHOLE FOOD MEAL REPLACEMENT POWDER MRE LITE.

FOR ADDED DIETARY PROTEIN, A BRIDGE BETWEEN MEALS OR A PROTEIN-RICH SNACK, MIX (1) SCOOP OF MRE LITE™ WITH 4-6 OUNCES OF YOUR FAVORITE BEVERAGE, SHAKE WELL AND CONSUME.