- **High quality whey-casein-egg protein blend**
- **Low glycemic oat-barley carbohydrate blend**
- **Vitamin and mineral blend**
- **Added L-glutamine**
- **Very high fiber**
- **No maltodextrin, fructose, sucrose, or aspartame**
- **Ideal for when on the run**
- **Instantized – no blender necessary††**

CORE MRP is a convenient and economical way to get the nutrition needed to maximize results from exercise. The unique combination of ingredients used in CORE MRP are great for building muscle OR losing fat! The high-quality proteins and carbohydrates used can provide energy for workouts and aid recovery afterwards. The grain-sourced, high-fiber carbohydrates and slower digesting proteins can result in a full feeling, thereby curbing appetite and assisting with weight loss efforts.††

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††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.

NEW!

CORE MRP

MEAL SUPPLEMENT

VANILLA

Net Weight: 1,482 g (3.26 lbs)

Supplement Facts

Serving Size: 2 Level Scoops (65.9 g) or 3 Level Scoops (98.8 g)
Servings Per Container: 22 or 15

Amount Per Serving	2 level scoops	%DV	3 level scoops	% DV
Calories	245		365	
Calories from Fat	30		45	
Total Fat	3 g	5%*	5 g	8%*
Saturated Fat	1 g	5%*	1.5 g	8%*
Cholesterol	57 mg	19%*	85 mg	28%*
Total Carbohydrate	27 g	9%*	40 g	13%*
Dietary Fiber	5 g	20%*	7.5 g	30%*
Sugars	2 g		3 g	†
Protein	27 g	53%*	40 g	80%*
Vitamin A	1667 IU	33%*	2500 IU	50%
Vitamin C	40 mg	67%*	60 mg	100%
Vitamin D	133 IU	33%*	200 IU	50%
Vitamin E	20 IU	67%*	30 IU	100%
Thiamin	0.5 mg	33%*	0.75 mg	50%
Riboflavin	0.57 mg	33%*	0.85 mg	50%
Niacin	6.67 mg	33%*	10 mg	50%
Vitamin B6	0.67 mg	33%*	1 mg	50%

Amount Per Serving	2 level scoops	%DV	3 level scoops	% DV
Folic Acid	133 mcg	33%*	200 mcg	50%
Vitamin B12	2 mcg	33%*	3 mcg	50%
Biotin	100 mcg	33%*	150 mcg	50%
Pantothenic Acid	3.33 mg	33%*	5 mg	50%
Calcium	333 mg	33%*	500 mg	50%
Iron	7.87 mg	43%*	11.8 mg	65%
Phosphorus	400 mg	40%*	600 mg	60%
Iodine	50 mcg	33%*	75 mcg	50%
Magnesium	133 mg	33%*	200 mg	50%
Zinc	5 mg	33%*	7.5 mg	50%
Selenium	23 mcg	33%*	35 mcg	50%
Copper	0.67 mg	33%*	1 mg	50%
Manganese	0.67 mg	33%*	1 mg	50%
Chromium	40 mcg	33%*	60 mcg	50%
Molybdenum	25 mcg	33%*	37.5 mcg	50%
Sodium	133 mg	6%*	200 mg	8%
Potassium	267 mg	8%*	400 mg	11%
L-Glutamine	1333 mg	†	2,000 mg	†

† Daily Value not established

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carbohydrate blend (oat flour and barley flour), protein blend (whey protein concentrate, calcium caseinate, egg albumin, sodium caseinate, and whey protein isolate), l-glutamine, gum acacia, natural & artificial flavors, vitamin and mineral blend (dicalcium phosphate, magnesium oxide, ascorbic acid, dl-alpha tocopheryl acetate, niacinamide, electrolytic iron, zinc oxide, copper gluconate, D-calcium pantothenate, manganese sulfate, retinyl palmitate, pyridoxine hydrochloride, thiamin mononitrate, riboflavin, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, cyanocobalamin, and cholecalciferol), gum blend (cellulose gum, xanthan gum, and carrageenan), silica, salt, and sucralose.

*Contains egg, milk, soy lecithin, and may contain wheat.

Directions: Add choice of 2 or 3 level scoops to 8-10 fl. oz or 10-16 fl. oz of cold water, respectively (according to preferred thickness and flavor), and mix well using a shaker or spoon 2-3 times daily.

- **Keep out of reach of children.**
- **Protect from heat, light and moisture.**
- **Store at 10-25°C (50-77°F).**
- **Do not purchase if seal is broken.**

CORE NUTRITIONALS

Distributed by:
CORE NUTRITIONALS, LLC
Arlington, Virginia
www.CoreNutritionals.com
info@corenutritionals.com
1-267-250-9443