

- High quality whey-casein-egg protein blend!
- Low glycemic oat-barley carbohydrate blend!
- Digestive enzymes blend for easy digestion!
- High in fiber and low in sugar!
- Ideal for when on the run!
- Instantized – no blender necessary!
- Zero maltodextrin. Zero fillers. Zero aspartame!††

Core MRP is a convenient and economical way to get the nutrition needed to maximize results from exercise! The unique combination of ingredients in Core MRP are great for building muscle OR losing fat! Core MRP contains a high-quality protein blend from superior cold-processed whey proteins, easily-absorbed egg albumen, and micellar casein-rich milk protein sources. This protein blend, containing the full spectrum of amino acids and rich in BCAAs (branched-chain amino acids), helps promote optimal growth and recovery by providing the vital building blocks your body needs. Unlike most meal supplements on the market which use insulin-spiking, filler carbohydrates, Core MRP contains carbohydrates from oat and barley flour. These grain-sourced carbohydrates are low in sugar, high in fiber, and digest slowly to provide a steady supply of nutrients and energy. Core MRP also includes a complete digestive enzyme blend to improve absorption and accelerate nutrient uptake.††



††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.

CORE MRP

MEAL SUPPLEMENT

BANANA CREAM

Dietary Supplement, Net Weight 1,360 g (3.0 lbs)

**New and Improved
Formula and Taste!**

Supplement Facts

Serving Size: 2 Scoops (68 g)
Servings Per Container: 20

Amount Per Serving	%DV	% DV	Amount Per Serving		%DV	% DV
			2 level scoops	3 level scoops		
Vitamin B6	0.5 mg	25%*	0.75 mg	38%*		
Folic Acid	0.1 mg	25%*	0.15 mg	38%*		
Vitamin B12	1.56 mcg	26%*	2.34 mcg	39%*		
Biotin	75 mcg	25%*	113 mcg	38%*		
Pantothenic Acid	2.6 mg	26%*	3.9 mg	39%*		
Calcium	260 mg	26%*	390 mg	39%*		
Iron	5.22 mg	29%*	7.83 mg	44%*		
Phosphorus	250 mg	25%*	375 mg	38%*		
Iodine	43.5 mcg	29%*	65.3 mcg	44%*		
Magnesium	100 mg	25%*	150 mg	38%*		
Zinc	3.65 mg	25%*	5.48 mg	38%*		
Selenium	18.2 mcg	26%*	27.3 mcg	39%*		
Copper	0.62 mg	31%*	0.93 mg	47%*		
Manganese	1 mg	50%*	1.5 mg	75%*		
Chromium	30 mcg	25%*	45 mcg	38%*		
Molybdenum	18.8 mcg	25%*	28.1 mcg	38%*		
Sodium	260 mg	11%*	390 mg	16%*		
Potassium	267 mg	8%*	400 mg	11%*		
Vitamin K1	16 mcg	20%*	24 mcg	30%*		
Thiamin	0.39 mg	26%*	0.59 mg	39%*		
Riboflavin	0.44 mg	25%*	0.63 mg	37%*		
Niacin	5 mg	25%*	7.5 mg	38%*		

† 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 (cold-processed undenatured whey protein concentrate, milk protein concentrate containing micellar casein), cross-flow microfiltered whey protein isolate, and egg albumen, natural flavors, vitamin and mineral blend (Vitamin A [as Palmitate], Vitamin D3 [as Cholecalciferol], Vitamin E [as dl-alpha-Tocopheryl Acetate], Biotin, Folic Acid, Niacin [as Nicotinamide], Pantothenic Acid [as Calcium d-Pantothenate], Vitamin B1 [as Thiamin HCl], Vitamin B12 [as Cyanocobalamin], Vitamin B2 [as Riboflavin], Vitamin B6 [as Pyridoxine HCl], Vitamin C [as Sodium Ascorbate], Vitamin K1 [as Phytanadione], Calcium [as Tricalcium Phosphate], Chromium [as Chromium Chloride], Copper [as Copper Sulfate], Iodine [as Potassium Iodide], Iron [as Ferrous Sulfate], Magnesium [as Magnesium Phosphate], Manganese [as Manganese Sulfate], Molybdenum [as Sodium Molybdate], Phosphorus [as Magnesium Phosphate & Sodium Phosphate & Tricalcium Phosphate], Selenium [as Sodium Selenite], Zinc [as Zinc Sulfate]), salt, sucralose, and digestive enzyme blend (protease 1, protease 11, amylase, lipase, and lactase).

Allergen Information: Contains egg, milk, and soy lecithin. Processed in a plant that also processes peanut ingredients.

Directions: Add 2 scoops to 8-16 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. Use 3 scoops per serving if more macronutrients are required. Core MRP also tastes great as a pudding; just add enough water to turn it into pudding consistency, stir together with a spoon, and place in a refrigerator or freezer for 20 minutes. Core MRP is also suitable for use in baking.

- 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.



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