

- 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.

COREMRP

MEAL SUPPLEMENT

PEANUT BUTTER OATMEAL COOKIE
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	
	2 scoops	3 scoops	2 level scoops	3 level scoops
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	1250 IU 25%*	1875 IU 38%*		
Vitamin C	15 mg 25%*	23 mg 38%*		
Vitamin D	100 IU 25%*	150 IU 38%*		
Vitamin E	7.5 IU 25%*	11.3 IU 38%*		
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%*		
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%*	5.63 mg 38%*		
Selenium	18.2 mcg 26%*	27.2 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	241 mg 10%*	362 mg 15%*		
Potassium	382 mg 8%*	573 mg 11%*		

† Daily Value not established
* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carbohydrate blend (oat flour, barley flour, peanut flour), Protein blend (cold-processed undenatured whey protein concentrate, milk protein concentrate containing micellar casein), cross-flow modified whey protein isolate, and egg albumen, natural flavors, vitamin and mineral blend (Vitamin A [as Palmitate], Vitamin D3 [as Cholecalciferol], Vitamin E [as d-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 Phytolactone], 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 [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, soy lecithin, and 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.
- Store at 10-25°C (50-77°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.



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