

#### WHAT IS A MEAL TO YOU?

At Core Nutritionals, a meal is well-balanced, nutritious, and most importantly, delicious. Yet most "meal supplements" are full of filler carbohydrates, low-grade proteins, and chalky flavor mixtures that have little taste and even less nutrition. We would hate to see the "meals" these supplements are supposedly substituting.

Core MRP is a better solution – a true meal supplement, not a meal imposter. Grain-sourced carbohydrates, not fillers and high glycemic carbohydrates. Rich protein sources from high quality whey and casein, not bottom-of-the-barrel powders. Premium flavors, digestive enzymes, and vitamins and minerals, not whatever else was lying around. Everything your body needs in an instantized, easy-mixing, convenient, and delicious blend. †

**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

† 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.



Manufactured in a cGMP Facility.  
Made in the USA.  
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CORE  
NUTRITIONALS

MRP

## FULL-SPECTRUM MEAL SUPPLEMENT

SUPERIOR  
PROTEIN BLEND

LOW GLYCEMIC  
CARBS

DIGESTIVE  
BLEND

NO MALTODEXTRIN,  
FILLERS, OR ASPARTAME

FULL SPECTRUM OF  
VITAMINS AND MINERALS

PEANUT BUTTER OATMEAL COOKIE

DIETARY SUPPLEMENT • 1,360 G (3 LBS)

#### Supplement Facts

Serving Size: 2 scoops (88g)  
Servings Per Container: 20

| Amount Per Serving | %DV          |              |                  | %DV           |               |
|--------------------|--------------|--------------|------------------|---------------|---------------|
|                    | 2 scoops     | 3 scoops     |                  | 2 scoops      | 3 scoops      |
| Calories           | 245          | 365          | Vitamin B6       | 0.5 mg 25%*   | 0.75 mg 38%*  |
| Calories from Fat  | 30           | 45           | Folic Acid       | 0.1 mg 25%*   | 0.15 mg 38%*  |
| Total Fat          | 3 g 5%†      | 5 g 8%†      | Vitamin B12      | 1.50 mcg 25%* | 2.34 mcg 39%* |
| Saturated Fat      | 1 g 5%†      | 1.5 g 8%†    | Biotin           | 75 mcg 25%*   | 113 mcg 38%*  |
| Cholesterol        | 57 mg 19%*   | 85 mg 28%*   | Pantothenic Acid | 2.6 mg 25%*   | 3.9 mg 39%*   |
| Total Carbohydrate | 27 g 9%†     | 40 g 13%†    | Calcium          | 280 mg 28%*   | 380 mg 38%*   |
| Dietary Fiber      | 5 g 20%*     | 7.5 g 30%*   | Iron             | 5.22 mg 29%*  | 7.83 mg 44%*  |
| Sugars             | 2 g          | 3 g †        | Phosphorus       | 250 mg 25%*   | 375 mg 38%*   |
| Protein            | 27 g 53%*    | 40 g 80%*    | Iodine           | 40.5 mcg 29%* | 60.3 mcg 44%* |
|                    |              |              | Magnesium        | 100 mg 25%*   | 150 mg 38%*   |
| Vitamin A          | 1250 IU 25%* | 1875 IU 38%* | Zinc             | 3.65 mg 25%*  | 5.43 mg 38%*  |
| Vitamin C          | 15 mg 25%*   | 23 mg 38%*   | Selenium         | 18.3 mcg 26%* | 27.3 mcg 39%* |
| Vitamin D          | 100 IU 25%*  | 150 IU 38%*  | Copper           | 0.62 mg 27%*  | 0.93 mg 47%*  |
| Vitamin E          | 7.5 IU 25%*  | 11.3 IU 38%* | Manganese        | 1 mg 50%*     | 1.5 mg 75%*   |
| Vitamin K1         | 10 mcg 20%*  | 24 mcg 30%*  | Chromium         | 30 mcg 25%*   | 45 mcg 38%*   |
| Thiamin            | 0.36 mg 28%* | 0.59 mg 39%* | Molybdenum       | 18.6 mcg 25%* | 28.1 mcg 38%* |
| Riboflavin         | 0.44 mg 25%* | 0.63 mg 37%* | Sodium           | 241 mg 19%*   | 362 mg 15%*   |
| Niacin             | 5 mg 25%*    | 7.5 mg 38%*  | Potassium        | 382 mg 11%*   | 573 mg 16%*   |

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

**OTHER INGREDIENTS:** Carbohydrate Blend (Oat Flour and Barley Flour), Protein Blend (Cold-processed Undenatured Whey Protein Concentrate, Milk Protein Concentrate, Micellar Casein, and Cross-Flow Microfiltered Whey Protein Isolate), Peanut Flour, Vitamin and Mineral Blend (Vitamin A [as Palmitate], Vitamin D3 [as Cholecalciferol], Vitamin E [as Di-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 B3 [as Riboflavin], Vitamin B6 [as Pyridoxine HCl], Vitamin C [as Sodium Ascorbate], Vitamin K1 [as Phytonadione], 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]), Natural Flavors, Salt, Sucralose, and Digestive Enzyme Blend (Protease 1, Protease 11, Amylase, Urase, and Lactase).

**ALLERGEN INFORMATION:** Contains Milk, Wheat, Peanuts, and Soy Lecithin. Processed in a plant that also processes Egg and Tree Nuts.

**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.

• Protect from heat, light and moisture • Store at 10-25°C (50-77°F)