

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 impostor. 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.



Crush It

Manufactured in a cGMP Facility.
Made in the USA.
Distributed by: Core Nutritionals, LLC,
Arlington, Virginia
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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

RICH CHOCOLATE

DIETARY SUPPLEMENT • 1,410 G (3.1 LBS)

Supplement Facts

Serving Size: 2 scoops (71g)
Servings Per Container: 20

Amount Per Serving	%DV		%DV	
	1 scoop	3 scoops	2 scoops	3 scoops
Calories	250	375		
Calories from Fat	36	54		
Total Fat	4 g 6%*	6 g 9%*		
Saturated Fat	2 g 10%*	3 g 15%*		
Cholesterol	57 mg 18%*	85 mg 28%*		
Total Carbohydrate	37 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 B6	0.5 mg 25%*	0.75 mg 38%*		
Folic Acid	0.1 mg 25%*	0.15 mg 38%*		
Vitamin B12	1.58 mcg 26%*	2.34 mcg 39%*		
Biotin	75 mcg 25%*	113 mcg 38%*		
Pantothenic Acid	2.6 mg 36%*	3.9 mg 39%*		
Calcium	360 mg 36%*	360 mg 36%*		
Iron	5.22 mg 25%*	7.83 mg 44%*		
Phosphorus	250 mg 25%*	375 mg 38%*		
Iodine	49.5 mcg 39%*	69.3 mcg 44%*		
Magnesium	100 mg 25%*	150 mg 38%*		
Zinc	5.65 mg 25%*	5.65 mg 38%*		
Selenium	18.2 mcg 36%*	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 35%*	28.1 mcg 38%*		
Sodium	216 mg 9%*	327 mg 14%*		
Potassium	591 mg 17%*	887 mg 25%*		

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

OTHER INGREDIENTS: Carbohydrate Blend (Rat Flour and Barley Flour), Protein Blend (Cold-processed Undenatured Whey Protein Concentrate, Milk Protein Concentrate, Micellar Casein, and Cross-Flow Microfiltered Whey Protein Isolate), Cocoa, Vitamin and Mineral Blend (Vitamin A (as Palmitate), Vitamin D3 (as Cholecalciferol), Vitamin E (as Di-Alpha-Tocopheryl Acetate), Biotin, Folic Acid, Mucin (as Mucinamide), Pantothenic Acid (as Calcium D-Pantothenate), Vitamin B1 (as Thiamin HCl), Vitamin B12 (as Cyanocobalamin), Vitamin B6 (as Pyridoxine HCl), Vitamin C (as Sodium Ascorbate), Vitamin K1 (as Phylloquinone), Calcium (as Tricalcium Phosphate), Chromium (as Chromium Chloride), Copper (as Copper Sulfate), Iodine (as Potassium Iodide), Iron (as Ferrus 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 II, Amylase, Lipase, and Lactase).

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

• Protect from heat, light and moisture • Store at 18-25°C (65-77°F)