

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 is 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

SNICKERDODDLE

DIETARY SUPPLEMENT • 1,350 G (3 LBS)

Supplement Facts

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

Amount Per Serving	%DV		%DV	
	2 scoops	3 scoops	2 scoops	3 scoops
Calories	245	365		
Calories from Fat	30	45		
Total Fat	3 g 5%*	5 g 8%*	Vitamin B6	0.5 mg 25%*
Saturated Fat	1 g 5%*	1.5 g 8%*	Folic Acid	0.1 mg 25%*
Cholesterol	57 mg 19%*	85 mg 28%*	Vitamin B12	1.56 mcg 30%*
Total Carbohydrate	27 g 9%*	40 g 13%*	Biotin	25 mcg 25%*
Dietary Fiber	5 g 20%*	7.5 g 30%*	Pantothenic Acid	2.6 mg 26%*
Sugars	2 g	3 g †	Calcium	260 mg 26%*
Protein	27 g 52%*	40 g 80%*	Iron	5.22 mg 29%*
			Phosphorus	250 mg 25%*
			Iodine	43.5 mcg 29%*
			Magnesium	100 mg 25%*
			Zinc	3.65 mg 25%*
Vitamin A	1250 IU 25%*	1875 IU 38%*	Selenium	18.2 mcg 30%*
Vitamin C	15 mg 25%*	23 mg 38%*	Copper	0.62 mg 31%*
Vitamin D	100 IU 25%*	150 IU 38%*	Manganese	1 mg 50%*
Vitamin E	7.5 IU 25%*	11.3 IU 38%*	Chromium	30 mcg 25%*
Vitamin K1	16 mcg 20%*	24 mcg 30%*	Molybdenum	18.8 mcg 25%*
Thiamin	0.39 mg 26%*	0.58 mg 38%*	Sodium	240 mg 10%*
Riboflavin	0.44 mg 25%*	0.63 mg 37%*	Potassium	267 mg 8%*
Niacin	5 mg 25%*	7.5 mg 38%*		

† 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 Isolates), Vitamin and Mineral Blend (Vitamin A [as Palmitate], Vitamin C [as Ascorbic Acid], 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 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 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, Lipase, and Lactase).

ALLERGEN INFORMATION: Contains Milk, Wheat, and Soy Lecithin. 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 10-25°C (50-77°F)