Suggested Use: Using the dosage chart, add 1-3 scoops of MRP to 8-14 ounces of cold water or your favorite beverage and stir, shake, or blend. To make a creamy smoothie, add 2-3 ice cubes and put into blender for 20-30 seconds. Vary the amount of liquid to meet your desired taste and consistency. For delicious pudding: Spoon stir water slowly into MRP powder until you achieve a pudding consistency. Place in a refrigerator or freezer for 20 minutes.

	SNACK	MEAL (under 180 lb)	MEAL (over 180 lb)
SERVING	1 ѕсоор	2 scoops	3 scoops
CALORIES	117	235	352
PROTEIN	12.5 G	25 G	37.5 G
CARBS	12.5 G	25 G	37.5 G
FAT	2.5 G	5 G	7.5 G
FIBER	2 G	4 G	6 G

PROVIDES UP TO 4 HOURS SUSTAINED RELEASE PROTEIN
OF FAST SLOW
RELEASE RELEASE
WHEY PROTEIN ISOLATE MICELLE

SLOW 10/0
RELEASE 10/0
MICELLAR CASEIN

COMPLETE 40:40:20 MEAL REPLACEMENT SHAKE

40% PROTEIN: Combines 50% Whey Protein Isolate and 50% Micellar Casein to provide 4-hours of sustained release amino acid delivery.

40% COMPLEX CARBS: Includes Highly Branched Cyclic Dextrin with a low alycemic load to promote level insulin response and continuous energy release

20% FATS: MCT sourced from coconut oil. Provides fat in the diet which is used to support energy and growth without contributing to stored body fat.

VITAMIN MINERAL COMPLEX: Contains a full spectrum of vitamins and minerals.







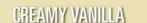
GLUTEN & SOY FREE | BSE/TSE FREE

40:40:20 MEAL REPLACEMENT

4-HOUR Protein Release

LOW Glycemic Carbs VITAMINS Minerals & Fiber

Natural & Artificial Flavoring Dietary Supplement Net Wt. 2.4lbs (1079 grams)





Serving size: 2 scoops (59.9 g Servings per container: 18

MADE IN OUR

GMP

FDA INSPECTED FACILITY

25**G**

235

BCAAs

Amount Per Serving	% Daily Value	Amount Per Serving	% Dail Valu
Calories 235		Calcium 410 mg	41%
Calories from Fat 45		Iron 572 mcg	3%
Total Fat 5 g	8%*	Phosphorus 210 mg	21%
Saturated Fat 4 g	22%*	lodine (potassium iodide) 75 mcg	50%
Cholesterol 10 mg	3%*	Magnesium 12 mg	3%
Total Carbohydrate 25 g	8%*	Zinc (zinc citrate) 8 mg	50%
Dietary Fiber 4 g	16%*	Selenium (selenium chelate) 35 mcg	50%
Sugars 1 g	Ť	Copper (copper oxide) 1 mg	50%
Protein 25 g	50%*	Chromium (chromium nicotinate chelate) 63 mcg	52%
Vitamin A (palmitate) 2515 IU	50%*	Sodium 112 mg	5%
Vitamin C (ascorbic acid) 30 mg	50%*	Potassium (potassium phosphate) 224 mg	6%
Vitamin D (cholecalciferol) 200 IU	50%*		
Vitamin E (dl-a-tocopheryl acetate) 15 IU	50%*	Whey Protein Isolate (WPI 90) (non-denatured) 14.6 g (CFM cross flow micro and ultra-filtered WPI90. Cold processed. Instantized with sunflower lecithin. Yielding 12.96 g complete protein.)	
Vitamin K (phytonadione) 40 mcg	50%*		
Thiamin (thiamine mononitrate) 753 mcg	50%*	Micellar Casein (non-denatured) 14.6 g	
Riboflavin (Vitamin B2) 858 mcg	50%*	(Cold processed. Instantized with sunflower lecithin. Yielding 12.04 g complete protein.)	
Vitamin B3 (niacinamide) 10 mg 50%* -		Highly Branched Cyclic Dextrin (as Cluster Dextrin®) 16.5 g MCT Powder (Medium Chain Triolycerides) 9 g	
Vitamin B6 (pyridoxine HCl) 1 mg 50%*		Fiber Matrix (Fibersol2® fiber 4 g, xanthan gum 350 mg) 4.4 g	
Folic Acid 200 mcg 50%*		Flavor Profile 717 mg	
Vitamin B12 (methylcobalamin) 3 mcg		(natural vanilla flavor 610 mg, salt 65 mg, sucralose 60 mg)	
Biotin 150 mcg	50%*	* Develop Delity Velices and based on a 0000 polarie dist	
Pantothenic Acid (Vitamin B5) 5 mg	50%*	* Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established.	

Other Ingredients: ABSOLUTELY NONE.

Allergens: Milk

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

Store in a cool dry place. Serving scoop included (may settle to the bottom during shipping.)

‡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.

Made in the USA.

Manufactured in our own FDA inspected cGMP facility complying with FDA 21 CFR Part 111 regulations. FDA Registration: 16906175560



WITHOUT COMPROMISE SINCE 1996

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