

There's a few things at Core that we like empty: the gym, the line at the bank, and our favorite burger joint. Something we don't like empty? Our calories. Useless, nutritionally-void calories – you know, the ones that always seem to snake their way into Every-Single-Mass Product on the market. Those empty calories. †

You will find zero of those empty calories in Core GROW. Zilch. What you will find is genuine, whole food calories with recognizable names like oatmeal, quinoa, sweet potato, coconut oil, and avocado. You'll also find an entire whole food-based, ultra-quality protein formula that is specifically balanced and optimized for mass. And we've not only included all of the stuff you do want, but have left out everything you don't: like maltodextrin, fillers, or added sugar. So ditch the fillers, empty calories, and high glycemic carbs – use the whole food mass solution, Core GROW.†

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.

DIRECTIONS: Add 3 scoops to 16-20 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. Core GROW 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.

† 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.



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



CORE
NUTRITIONALS

GROW

WHOLE FOOD BASED MASS BLEND

WHOLE FOOD
CARB BLEND

LOW GLYCEMIC
INGREDIENTS

SUPERIOR
FAT BLEND

QUALITY WHEY
CONCENTRATE

DIGESTIVE
BLEND

NO MALTODEXTRIN
OR FILLERS

AMAZING
TASTE

PEANUT BUTTER OATMEAL COOKIE

NATURALLY FLAVORED

DIETARY SUPPLEMENT • NET WEIGHT 5 LBS (2270 G)

Supplement Facts

Serving Size: 3 scoops (148g)

Servings Per Container: About 15

	Amount Per Serving	% Daily Value
Calories	570	
Calories from Fat	90	
Total Fat	10 g	15%*
Saturated Fat	3 g	15%*
Cholesterol	70 mg	24%
Total Carbohydrate	80 g	27%*
Dietary Fiber	10 g	40%*
Sugars	9 g	**
Protein	40 g	80%*
Calcium	167 mg	17%
Sodium	90 mg	4%
Potassium	560 mg	16%

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

INGREDIENTS: BRO-Carb Blend (Oatmeal Flour, Quinoa Flour, and Sweet Potato Flour), Cold-Processed Undenatured Whey Protein Concentrate, Peanut Flour, Natural Flavors, PHAT Blend (Coconut Oil Powder, Avocado Powder, and MCT (Medium-Chain Triglyceride) Oil Powder), Sucralose, Pomegranate Powder, Digestive Enzyme Blend (Protease 1, Protease 11, Amalyses, Lipase, and Lactase).

ALLERGEN INFORMATION: Contains Milk, Wheat, Peanuts, Coconuts, and Soy (Lecithin). Produced in a facility that processes Egg.

Manufactured in a U.S. cGMP Facility.
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