

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.

DIRECTIONS: Add 2 scoops to 8-16 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. 3 scoops can be used 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.

†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.



MRP

FULL-SPECTRUM MEAL SUPPLEMENT

SUPERIOR PROTEIN BLEND

LOW GLYCEMIC CARBS

DIGESTIVE BLEND

NO MALTODEXTRIN FILLERS, OR ASPARTAME

FULL SPECTRUM OF VITAMINS AND MINERALS

BANANA CREAM

NATURALLY FLAVORED

DIETARY SUPPLEMENT • NET WEIGHT 3.0 LBS (1360 G)

Supplement Facts

Serving Size: 2 scoops (68g)

Servings Per Container: 20

| | Amount Per Serving | % Daily Value | | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|------------------|--------------------|---------------|
| Calories | 245 | | Riboflavin | 440 mcg | 34%* |
| Total Fat | 3 g | 4%* | Niacin | 5 mg | 31%* |
| Saturated Fat | 1 g | 5%* | Vitamin B6 | 500 mcg | 29%* |
| Cholesterol | 57 mg | 19%* | Folic Acid | 100 mcg | 25%* |
| Sodium | 240 mg | 10%* | Vitamin B12 | 1.56 mcg | 65%* |
| Total Carbohydrate | 27 g | 10%* | Biotin | 75 mcg | 250%* |
| Dietary Fiber | 5 g | 18%* | Pantothenic Acid | 2.6 mg | 52%* |
| Total Sugars | 2 g | ** | Phosphorus | 250 mg | 20%* |
| Protein | 27 g | 53%* | Iodine | 43.5 mcg | 29%* |
| | | | Magnesium | 100 mg | 24%* |
| Vitamin A | 1,250 IU | 76%* | Zinc | 3.65 mg | 33%* |
| Vitamin C | 15 mg | 17%* | Selenium | 18.2 mcg | 33%* |
| Calcium | 260 mg | 20%* | Copper | 620 mcg | 69%* |
| Iron | 5.22 mg | 29%* | Manganese | 1 mg | 43%* |
| Vitamin D | 100 IU | 12.5%* | Chromium | 30 mcg | 86%* |
| Vitamin E | 7.5 IU | 50%* | Molybdenum | 18.8 mcg | 42%* |
| Vitamin K1 | 16 mcg | 13%* | Potassium | 267 mg | 6%* |
| Thiamin | 390 mcg | 33%* | | | |

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

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), 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 B2 [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 Ferrrous 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, Beta Carotene, and Digestive Enzyme Blend (Protease 1, Protease 11, Amalyses, Lipase, and Lactase).

ALLERGEN INFORMATION: Contains Milk, Wheat, and Soy (lecithin).

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Arlington, Virginia 22203,
www.CoreNutritionals.com, info@corenutritionals.com, (888) 978-2332



Protect from heat, light and moisture

Store at 10-25°C (50-77°F)