

## Supplement Facts

10 servings per container  
Servings Size: 1 packet (69g)

	Amount Per Serving	% Daily Value
<b>Calories</b>	270	
<b>Total Fat</b>	6 g	8%*
Saturated Fat	3 g	15%*
Trans Fat	0 g	**
<b>Cholesterol</b>	48 mg	16%*
<b>Total Carbohydrate</b>	27 g	10%*
Dietary Fiber	3 g	11%*
Total Sugars	2 g	**
Added Sugars	0 g	0%*
<b>Protein</b>	27 g	54%*

Vitamin A	316 mcg RAE	35%*
Vitamin C	32 mg	36%*
Vitamin D	7 mcg	35%*
Vitamin E	5 mg a-tocopherol	33%*
Vitamin K	42 mcg	35%*
Thiamin	0.42 mg	35%*
Riboflavin	0.46 mg	35%*
Niacin	5.6 mg NE	35%*
Vitamin B6	0.6 mg	35%*
Folate	140 mcg DFE	35%*
Vitamin B12	0.84 mcg	35%*
Biotin	11 mcg	37%*
Pantothenic Acid	1.75 mg	35%*
Calcium	285 mg	22%*
Iron	8.25 mg	46%*
Phosphorus	166 mg	13%*
Iodine	50 mcg	33%*
Magnesium	24 mg	6%*
Zinc	3.86 mg	35%*
Selenium	19 mcg	35%*
Copper	0.3 mg	33%*
Manganese	0.8 mg	35%*
Chromium	12 mcg	34%*
Molybdenum	16 mcg	36%*
Chloride	357 mg	16%*
Sodium	319 mg	14%*
Potassium	278 mg	6%*

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

## Typical Amino Acid Profile





Amount Per Serving

Alanine	1310 mg
Arginine	707 mg
Aspartic Acid	2806 mg
Cysteine	593 mg
Glutamic Acid	4422 mg
Glycine	501 mg
Histidine †	512 mg
Isoleucine ‡	1650 mg
Leucine ‡	2899 mg
Lysine †	2464 mg
Methionine †	593 mg
Phenylalanine †	880 mg
Proline	1696 mg
Serine	1363 mg
Threonine †	1826 mg
Tryptophan ‡	488 mg
Tyrosine	809 mg
Valine ‡	1621 mg

† Essential Amino Acids

‡ BCAA's

‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

-  **WHEY/CASEIN PROTEIN BLEND<sup>†</sup>**
-  **LOW GLYCEMIC CARBS<sup>†</sup>**
-  **DIGESTIVE BLEND<sup>†</sup>**
-  **WHOLE FOOD BASED VITAMINS AND MINERALS<sup>†</sup>**

**⚠ WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**⚠ 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 1 packet to 8-16oz. 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.

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

**Crush It!**

Manufactured in a U.S. cGMP Facility  
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CORE NUTRITIONALS<sup>®</sup>

# MRP

**FULL SPECTRUM MEAL SUPPLEMENT**



**BLUEBERRY CRUMB CAKE**

Net Wt: 24.3oz (690g) Per Box – 2.43oz (69g) Per Packet  
10 Packets Per Box

NATURALLY FLAVORED DIETARY SUPPLEMENT



**INGREDIENTS:** Whole Grain Oat Flour (32g yielding 5g protein), Cold-Processed Undenatured Whey Protein Concentrate (14g yielding 11.2g protein), Milk Protein Isolate (6.75g yielding 5.4g protein), Cross-Flow Microfiltered Whey Protein Isolate (6g yielding 5.4g protein), Coconut Oil Creamer, Graham Cracker Crumbs, Sodium Chloride, Natural Flavors, Xanthan Gum, Sucralose, Whole Food Based Vitamin & Mineral Blend (from Broccoli, Spinach, Kale, Pumpkin, Sweet Potato, Sunflower Seed, Kelp, Chlorella, Maitake Mushroom, Shiitake Mushroom), Fruit & Vegetable Juice Powder (for color), DigeSEB<sup>®</sup> (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin.

**ALLERGEN INFORMATION:** Contains Milk, Wheat, Soy, Tree Nut (coconut).

Manufactured in a facility that also processes ingredients containing milk, eggs, fish, shellfish, tree nuts, peanut, wheat, sesame, and soy.