

At Core Nutritionals® we take round the clock nutrition very seriously. We feed our bodies when we wake up, before and after we train, and other meals throughout the day to stay nourished. The one meal that should never go unnoticed, however, is that meal you are searching for right before bed. This is when the proverbial "sweet tooth" can rear its ugly head and have you searching your pantry for just about anything.

Core PUDD'N is a better solution and can satisfy any sweet craving. With a thick and creamy texture coming from a high quality casein protein blend, along with added inclusions for a dessert like experience, you're going to be treating your body to everything it craves in one sweet and delicious PUDD'N. In addition to tasting ridiculously delicious, this before bed or anytime snack has the perfect slow-digesting protein blend to help aid recovery and fuel your muscles.

**⚠ 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. Immediately 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:** Mix 1 scoop with 1-3oz of water slowly, while stirring, until desired PUDD'N consistency is achieved. For an ice cream-like treat, place mixed PUDD'N in the 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.**

Manufactured in a U.S. cGMP Facility.  
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(888) 978-2332.



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



CORE NUTRITIONALS®

# PUDD'N

## DECADENT CASEIN AND WHEY PUDDING MIX

RICH VANILLA PROTEIN<sup>†</sup> | REAL PEANUT BUTTER CUPS<sup>†</sup>  
FAMOUS MOOSE TRACKS® FUDGE PIECES<sup>†</sup>



ORIGINAL MOOSE TRACKS®

NATURALLY AND ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT  
**17 SERVINGS • NET WT. 2 LBS (907 G)**

## Supplement Facts

Serving Size: 1 Scoop (52g)  
Servings Per Container: Approx. 17

	Amount Per Serving	% DV
<b>Calories</b>	240	
<b>Total Fat</b>	11 g	14%*
Saturated Fat	8 g	40%*
Trans Fat	0 g	**
<b>Cholesterol</b>	47 mg	16%*
<b>Total Carbohydrate</b>	16 g	6%*
Dietary Fiber	1 g	4%*
Total Sugars	10 g	**
Added Sugars	10 g	20%*
<b>Protein</b>	20 g	
Calcium	330 mg	25%*
Iron	1.17 mg	7%*
Phosphorus	145 mg	12%*
Magnesium	35 mg	8%*
Zinc	0.24 mg	2%*
Chloride	62 mg	3%*
Sodium	88 mg	4%*
Potassium	227 mg	5%*

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

## Typical Amino Acid Profile

	Amount Per Serving
Alanine	699 mg
Arginine	662 mg
Aspartic Acid	1406 mg
Cysteine	220 mg
Glutamic Acid	3812 mg
Glycine	346 mg
Histidine †	580 mg
Isoleucine ‡	1141 mg
Leucine ‡	1979 mg
Lysine †	1728 mg
Methionine †	480 mg
Phenylalanine †	845 mg
Proline	1571 mg
Serine	961 mg
Threonine †	1079 mg
Tryptophan ‡	446 mg
Tyrosine	786 mg
Valine ‡	1194 mg
<b>Total</b>	<b>19,931 mg</b>

† Essential Amino Acids  
‡ BCAA's  
‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

**INGREDIENTS:** Peanut Fudge Blend: (sugar, palm kernel oil, cocoa powder processed with alkali, partially defatted peanut flour, nonfat dry milk, whey powder (milk), hydrogenated palm oil, peanuts, salt, cocoa powder, soy lecithin, natural vanilla extract), **Whey Protein Concentrate (12.5g yielding 10g)**, **Coconut Oil Creamer**, Milk Protein Isolate (5.55g yielding 5g), Micellar Casein (5.55g yielding 5g), Natural & Artificial Flavors, Peanut Powder, Gum Blend (Xanthan Gum, Cellulose Gum, Carrageenan), Sucralose, Sunflower Lecithin, DigeSEB™ (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase).

**ALLERGEN INFORMATION:** Contains milk, tree nut (coconut), peanuts, soy (lecithin). Manufactured in a facility which processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame.

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