

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.



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



MRP

FULL-SPECTRUM MEAL SUPPLEMENT

- SUPERIOR PROTEIN BLEND
- LOW GLYCEMIC CARBS
- DIGESTIVE BLEND
- NO MALTODEXTRIN FILLERS, OR ASPARTAME
- FULL SPECTRUM OF VITAMINS AND MINERALS

PEANUT BUTTER OATMEAL COOKIE

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	241 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	382 mg	8%*
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), Peanut Flour, Vitamin and Mineral Blend (Vitamin A [as Palmitate], Vitamin D3 [as Cholecalciferol], Vitamin E [as DL-Alpha-Tocopheryl Acetate], Biotin, Folic Acid, Niacin [as Niacinamide], 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 Ferrous 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, and Digestive Enzyme Blend (Protease 1, Protease 11, Amalyses, Lipase, and Lactase).

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

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Ashburn, VA 20147.
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