

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 from real whole foods, 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.

or Product from heat, light and moisture.
or Store at 10-20°C (50-77°F)



CORE NUTRITIONALS®

MRP

FULL SPECTRUM MEAL SUPPLEMENT

WHEY/CASEIN PROTEIN BLEND* | LOW GLYCEMIC CARBS*
DIGESTIVE BLEND* | WHOLE FOOD BASED VITAMINS AND MINERALS*

S'MORES

NATURALLY AND ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

19 SERVINGS • NET WT. 3 LBS (1362 G)



Supplement Facts

Serving Size: 2 scoops (70.2g)
Servings Per Container: approx. 19

	Amount Per Serving	% Daily Value
Calories	230	
Total Fat	8g	16%
Saturated Fat	3g	15%
Trans Fat	0g	—
Cholesterol	44 mg	15%
Total Carbohydrate	27 g	10%
Dietary Fiber	4 g	14%
Total Sugars	2g	—
Added Sugars	0g	0%
Protein	27 g	54%

Vitamin A	310 mcg RAE	30%*
Vitamin C	30 mg	30%*
Vitamin D	7 mcg	30%*
Vitamin E	5 mg α-tocopherol	30%*
Vitamin K	40 mcg	30%*
Thiamin	0.52 mg	30%*
Riboflavin	0.40 mg	30%*
Niacin	5.4 mg NE	30%*
Vitamin B6	0.8 mg	30%*
Folate	140 mcg DFE	30%*
Vitamin B12	0.64 mcg	30%*
Biotin	11 mcg	30%*
Pantothenic Acid	1.75 mg	30%*
Calcium	262 mg	31%*
Iron	6.21 mg	31%*
Phosphorus	311 mg	30%*
Iodine	50 mcg	30%*
Magnesium	36 mg	9%
Zinc	3.98 mg	30%*
Selenium	19 mcg	30%*
Copper	0.3 mg	30%*
Manganese	0.8 mg	30%*
Chromium	12 mcg	34%*
Molybdenum	16 mcg	30%*
Chloride	394 mg	16%*
Sodium	300 mg	13%*
Potassium	365 mg	8%*

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

Typical Amino Acid Profile

Amount Per Serving	
Alanine	1310 mg
Arginine	700 mg
Aspartic Acid	2608 mg
Cysteine	300 mg
Glutamic Acid	4400 mg
Glycine	521 mg
Histidine	572 mg
Isoleucine	1650 mg
Leucine	2608 mg
Lysine	2404 mg
Methionine	300 mg
Phenylalanine	680 mg
Proline	1008 mg
Serine	1300 mg
Threonine	1620 mg
Tryptophan	408 mg
Tyrosine	500 mg
Valine	1621 mg

† Essential Amino Acids

‡ BCAA's

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

INGREDIENTS: Whole Grain Oat Flour (54.4g yielding 31g Cold-Processed Undenatured Whey Protein Concentrate (33.75 yielding 11g Milk Protein Isolate), 15.875g yielding 5.5g Cold-Processed Microfiltered Whey Protein Isolate (6.5g yielding 5.5g Coconut Oil Creamer), Cocoa Powder, Natural & Artificial Flavors, Sodium Chloride, Xanthan, Sucralose, Whole Food Based Vitamin & Mineral Blend (Iron, Biotin, B6, B12, B1, B2, B3, B5, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B25, B26, B27, B28, B29, B30, B31, B32, B33, B34, B35, B36, B37, B38, B39, B40, B41, B42, B43, B44, B45, B46, B47, B48, B49, B50, B51, B52, B53, B54, B55, B56, B57, B58, B59, B60, B61, B62, B63, B64, B65, B66, B67, B68, B69, B70, B71, B72, B73, B74, B75, B76, B77, B78, B79, B80, B81, B82, B83, B84, B85, B86, B87, B88, B89, B90, B91, B92, B93, B94, B95, B96, B97, B98, B99, B100, B101, B102, B103, B104, B105, B106, B107, B108, B109, B110, B111, B112, B113, B114, B115, B116, B117, B118, B119, 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