

At Core Nutritionals, efficiency is a philosophy and guiding principle – something we put into everything we do as a company because it's important to everything you drive as athlete.

Core Nutritionals' Core PRO is no different. An innovative clinical strength and sustained-release protein formula, Core PRO provides your body the fuel it needs, when it needs it. Composed of an advanced mixture of fast uptake and sustained-release proteins, our proprietary blend of protein sources optimizes your growth and recovery with a targeted approach to protein kinetics, synthesis, and metabolism. Further enhanced by a powerful digestive enzyme blend and an amino acid clinically verified as superior, Core PRO is a metabolically-optimized growth isolator.*

At the same time, Core PRO doesn't sacrifice taste or quality. With gourmet flavors that are second to none and a silky-smooth texture, Core PRO is the best-tasting, highest-quality protein supplement available.†

⚠️ 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.org/en.

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 medications, dietary supplement products, or if you have any pre-existing medical conditions including, but not limited to, high or low blood pressure, diabetes, arrhythmias, stroke, heart, liver, kidney or thyroid disease, seizure disorders, psychiatric disorders, diabetes, difficulty swallowing, deep vein thromboses, or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medications. 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: Add 1 scoop to 8-16 ounces of cold water and shake or stir until mixed.

*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 GMP (cGMP) Facility
Distributed by Core Nutritionals, LLC, Knoxville, TN 37939
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(888) 919-2332

crush it!™ To protect from heat, light and moisture,
store at 60-70°F (15-21°C)



CORE NUTRITIONALS™

PRO

SUSTAINED RELEASE PROTEIN BLEND

NO FILLERS* | FULL DISCLOSURE WHEY/CASEIN BLEND*
COMPLETE AMINO ACID PROFILE* | GOURMET TASTE*

FROSTED VANILLA CUPCAKE

DIETARY SUPPLEMENT
69 SERVINGS • NET WT. 5 LBS (2268 G)



Supplement Facts

Serving Size: 1 Scoop (30g)
Servings Per Container: Approx. 69

	Amount Per Serving	% DV
Calories	130	
Total Fat	2.5 g	5%*
Saturated Fat	2 g	10%*
Trans Fat	0 g	**
Cholesterol	40 mg	10%*
Total Carbohydrate	2 g	1%*
Dietary Fiber	0 g	0%*
Total Sugars	1 g	**
Added Sugars	0 g	0%*
Protein	25 g	50%*
Calcium	267 mg	21%*
Iron	5.23 mg	1%*
Phosphorus	104 mg	6%*
Magnesium	22 mg	5%*
Sodium	135 mg	6%*
Potassium	126 mg	3%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

INGREDIENTS: Cold-Processed Undenatured Whey Protein Concentrate (15.63g yielding 12.5g), Cross-Flow Microfiltered Whey Protein Isolate (5.94g yielding 5.25g), Milk Protein Isolate (5.94g yielding 5.25g), Coconut Oil, Creamer, Natural & Artificial Flavors, Gum Blend (Gum Acacia, Cellulose Gum, Xanthan Gum, Guar Gum, Carrageenan), Sodium Chloride, Sucralose, DigeSEB™ (Digestive Enzyme Blend: Amylase, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin.

ALLERGEN INFORMATION: Contains Milk and Coconut. Manufactured in a facility which processes Milk, Egg, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans.

Typical Amino Acid Profile

	Amount Per Serving
Alanine	1037 mg
Arginine	691 mg
Aspartic Acid	2170 mg
Cysteine	457 mg
Glutamic Acid	4339 mg
Glycine	445 mg
Histidine †	513 mg
Isoleucine †	1453 mg
Leucine †	2628 mg
Lysine †	2235 mg
Methionine †	505 mg
Phenylalanine †	893 mg
Proline	1832 mg
Serine	1297 mg
Threonine †	1498 mg
Tryptophan †	414 mg
Tyrosine	865 mg
Valine †	1431 mg
Total	25,841 mg

† Essential Amino Acids

‡ BCAA's

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