**Suggested Use:**
Using the dosage chart, add 1-2 scoops of MRP to 6-12 ounces of cold water or your favorite beverage and shake, stir, or blend. To make a creamy smoothie, add 2-3 ice cubes and put into blender for 20-30 seconds. For delicious pudding: Slowly stir water into MRP powder until you achieve a pudding consistency. Place in a refrigerator or freezer for 20 minutes.

**Flavor Profile**
735mg †
(natural flavor 610mg, salt 65mg, sucralose 60mg)

**Other Ingredients:** ABSOLUTELY NONE.

**Manufactured by:** NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
www.nutrabio.com / info@nutrabio.com (732-748-8606)

---

**Calories:** 240
**Protein:** 25g
**Carbs:** 25g
**Fat:** 5g
**Fiber:** 5g

---

**Complete 40:40:20 Meal Replacement Shake**

*NOTE: Protein profile and grams of each ingredient will vary depending on the serving size.*

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**40:40:20 MEAL REPLACEMENT PROVIDES UP TO 4 HOURS SUSTAINED RELEASE PROTEIN**

**FAST RELEASE - WHEY PROTEIN ISOLATE**

**SLOW RELEASE - MICELLAR CASEIN**

---

**40% PROTEIN:** Combines 50% Whey Protein Isolate and 50% Micellar Casein to provide 4-hours of sustained amino acid delivery.

**40% COMPLEX CARBS:** Includes Highly Branched Cyclic Dextrin with a low glycemic load to promote level insulin response and continuous energy release.

**20% FATS:** MCT sourced from coconut oil. Provides fat in the diet which is used to support energy and growth without contributing to stored body fat.

**VITAMIN MINERAL COMPLEX:** Contains a full spectrum of vitamins and minerals.

---

**4-HOUR Protein Release**

**LOW Glycemic Carbs**

**VITAMINS**

**Minerals & Fiber**

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**Gluten & Soy Free | BSE/TSE Free**

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