

## THE OBJECTIVE:

THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY IS REAL FOOD, ESPECIALLY WHOLE FOODS. TO GIVE YOUR BODY THE BEST FUEL POSSIBLE, WE CREATED M.R.E. IN THE MILITARY, MRES ARE RATIONS TO GIVE THE SOLDIERS THE NUTRIENTS THEY NEED TO SURVIVE ON A MISSION. WITH M.R.E. WE HAVE GIVEN YOU THE FUEL YOU NEED TO REPAIR AND RECOVER MUSCLE TISSUE FROM THE BEST POSSIBLE WHOLE FOODS SOURCES. STOP REACHING FOR FAST FOOD AND REACH FOR WHOLE FOODS WITH M.R.E.



## MRE SUGGESTED USE:

TAKE (1) SERVING MIXED WITH 14-16 OUNCES OF WATER OR FAVORITE BEVERAGE AT LEAST ONCE PER DAY. FOR MAXIMUM RESULTS, TAKE (1) SERVING IMMEDIATELY POST WORKOUT AND (1) SERVING ANYTIME THROUGHOUT THE DAY TO ADD AN ADDITIONAL MEAL.

# REDCON1

MEAL REPLACEMENT

REDCON1

25 SERVINGS

# MRE

REAL WHOLE FOOD

MEAL REPLACEMENT



MEAL REPLACEMENT POWDER

NET WT. 7.15 LBS (3250G)

BLUEBERRY COBBLER

NATURALLY AND ARTIFICIALLY FLAVORED

★ MEAL REPLACEMENT ★ WHOLE FOOD SOURCES ★ CONTAINS NO WHEY ★

## Nutrition Facts

Serving Size: 4 Scoop (130g)  
Servings Per Container: 25

	Amount Per Serving	%D.V.	Per 100g
Calories	525		404
Calories from fat	35		27
Total Fat	4g	6%	3g
Saturated Fat	<1g	0%	4g
Trans fat	0g		
Cholesterol	0mg	0%	
Sodium	200mg	8%	154mg
Potassium	250mg	7%	192mg
Total Carbohydrate	75g	25%	58g
Dietary Fiber	8g	32%	6g
Sugar	5g		4g
Protein	47g	84%	36g

Ingredients: Rolled Oats, Protein Blend [Beef Protein Isolate (bovine), Salmon Protein (fish), Chicken Protein, Egg Albumin (egg), Brown Rice Protein, and Pea Protein], Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Coconut Water Powder (coconut), Dehydrated Blueberry Fruit, Dehydrated Goji Fruit, Maltodextrin, Dextrose, MCT Oil, Natural Flavor, Cellulose Gum, Cinammon, Salt, Sucralose, Acesulfame-Potassium.

Contains: Eggs, Fish (Salmon), Coconut.

Allergen Warning: Manufactured on shared equipment which processes products containing milk, egg, soybeans, wheat, shellfish, fish, tree nuts flavor, and peanuts flavor.

Settling may occur. Keep in a cool dry place.

MANUFACTURED FOR AND DISTRIBUTED BY: REDCON1 SUPPLEMENTS  
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WARNING: KEEP OUT OF THE REACH OF CHILDREN. This product is intended to be consumed by healthy adults 18 years of age or older. Before using this product, seek advice from your pharmacist or physician. Avoid using this product if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, liver or kidney disease, seizure disorder, thyroid disease, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking MAO inhibitor or any other medication or supplements. Do not use if you are pregnant or nursing, prone to dehydration or exposed to excessive heat. Discontinue use and consult your healthcare professional.

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