

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

	SNACK	MEAL (under 180 lb)	MEAL (over 180 lb)
SERVING	1 scoop	2 scoops	3 scoops
CALORIES	117	235	352
PROTEIN	12.5 G	25 G	37.5 G
CARBS	12.5 G	25 G	37.5 G
FAT	2.5 G	5 G	7.5 G
FIBER	2 G	4 G	6 G

**50% FAST RELEASE WHEY PROTEIN ISOLATE** PROVIDES UP TO 4 HOURS SUSTAINED RELEASE PROTEIN **50% SLOW RELEASE MICELLAR CASEIN**

## COMPLETE 40:40:20 MEAL REPLACEMENT SHAKE

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

**TRU LABEL**  
FULL LABEL DISCLOSURE



**NUTRABIO**

GLUTEN & SOY FREE | BSE/TSE FREE

# MUSCLE MATRIX MRP

40:40:20 MEAL REPLACEMENT

**4-HOUR**  
Protein Release

**LOW**  
Glycemic Carbs

**VITAMINS**  
Minerals & Fiber

Natural & Artificial Flavoring  
Dietary Supplement  
Net Wt. 2.4lbs (1079 grams)

CREAMY VANILLA

MADE IN OUR  
**GMP**  
&  
**FDA**  
INSPECTED  
FACILITY

**25G**  
PROTEIN

**235**  
CALORIES

**5.2G**  
BCAAs

## Supplement Facts

Serving size: 2 scoops (59.9 grams)  
Servings per container: 18

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 235		Calcium 407 mg	40%*
Calories from Fat 45		Iron 250 mcg	2%*
Total Fat 5 g	8%*	Phosphorus 210 mg	21%*
Saturated Fat 4 g	22%*	Iodine (potassium iodide) 75 mcg	50%*
Cholesterol 10 mg	3%*	Magnesium 12 mg	2%*
Total Carbohydrate 25 g	8%*	Zinc (zinc citrate) 8 mg	50%*
Dietary Fiber 4 g	16%*	Selenium (selenium chelate) 35 mcg	50%*
Sugars 1 g	†	Copper (copper oxide) 1 mg	50%*
Protein 25 g	50%*	Chromium (chromium nicotinate chelate) 63 mcg	52%*
Vitamin A (palmitate) 2515 IU	50%*	Sodium 86 mg	5%*
Vitamin C (ascorbic acid) 30 mg	50%*	Potassium (potassium phosphate) 194 mg	6%*
Vitamin D (cholecalciferol) 200 IU	50%*		
Vitamin E (di-α-tocopheryl acetate) 15 IU	50%*	<b>Whey Protein Isolate</b> (WPI 90) (non-denatured) 14.61 g	†
Vitamin K (phytonadione) 40 mcg	50%*	(CFM cross flow micro and ultra-filtered WPI90. Cold processed. Instantized with sunflower lecithin. Yielding 12.56 g complete protein.)	
Thiamin (thiamine mononitrate) 754 mcg	50%*	<b>Micellar Casein</b> (non-denatured) 14.59 g	†
Riboflavin (Vitamin B2) 858 mcg	50%*	(Cold processed. Instantized with sunflower lecithin. Yielding 12.04 g complete protein.)	
Vitamin B3 (niacinamide) 10 mg	50%*	<b>Highly Branched Cyclic Dextrin</b> (as ClusterDextrin®) 16.5 g	†
Vitamin B6 (pyridoxine HCl) 1 mg	50%*	<b>MCT Powder</b> (Medium Chain Triglycerides Oil 50% / spray dried on maltodextrin) 9 g	†
Folic Acid 200 mcg	50%*	<b>Fiber Matrix</b> (Fibersol2® fiber 4 g, xanthan gum 350 mg) 4.35 g	†
Vitamin B12 (methylcobalamin) 3 mcg	53%*	<b>Flavor Profile</b> 735 mg	†
Biotin 150 mcg	50%*	(natural flavor 610 mg, salt 65 mg, sucralose 60 mg)	
Pantothenic Acid (Vitamin B5) 5 mg	50%*		

Other Ingredients: ABSOLUTELY NONE.

Allergens: Milk

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

Store in a cool dry place. Serving scoop included (may settle to the bottom during shipping.)

† 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.

Made in the USA.

Manufactured in our own FDA inspected cGMP facility complying with FDA 21 CFR Part 111 regulations. FDA Registration: 16906175560

**NUTRABIO**  
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