

## LOW CARB MEAL REPLACEMENT†

THE MRE PROTEIN LINE IS BUILT OFF THE PREMISE THAT 'REAL FOOD IS THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY.' FORMULATED WITHOUT WHEY PROTEIN,† MRE LITE IS A DELICIOUS WAY TO UP YOUR PROTEIN INTAKE. PLUS IT'S GENTLE ON YOUR STOMACH AND TASTES DELICIOUS.



BUILD & RECOVER  
ANY TIME OF DAY



MULTIPLE WHOLE FOOD  
PROTEIN SOURCES



CREAMY MILKSHAKE  
TASTE & TEXTURE.



NO WHEY,  
EASY TO DIGEST†

## FOR BEST RESULTS



### HOW TO TAKE

**MIX (1) SCOOP** OF MRE LITE  
WITH 4-6oz OF WATER  
OR YOUR FAVORITE BEVERAGE.  
SHAKE WELL AND CONSUME.



### WHEN TO TAKE

**ANY TIME OF DAY**  
AS A HIGH PROTEIN,  
COMPLETE MEAL  
REPLACEMENT.



WATCH VIDEO SCAN TO LEARN MORE

† MRE LITE: 4g total carbohydrate per serving compared to MRE: 75g total carbohydrate per serving.

\*\* Not a low calorie food. See nutrition information for calorie and sugar content.

† Contains Milk. See nutrition panel for allergen information.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

REDCON1

# MRE LITE®

30 SERVINGS

WHOLE FOOD PROTEIN

24g PROTEIN

NO WHEY†

130 CALORIES

PROTEIN POWDER DRINK MIX  
Net Wt. 33.33 oz (2.08 lb) (945g)  
SOLD BY WEIGHT NOT VOLUME



VANILLA MILKSHAKE  
NATURALLY AND ARTIFICIALLY FLAVORED

130 CALORIES

0g ADDED SUGAR\*\*

24g PROTEIN

## Nutrition Facts

30 servings per container	
Serving size	1 Scoop (31.5g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 4g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 24g</b>	<b>48%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 10mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Brown Rice Protein, Chicken Protein, Egg Albumin, Salmon Protein) Milk Powder (for texture), Medium Chain Triglyceride (MCT) Oil Powder (Nonfat Dry Milk, Potassium Phosphate), Natural and Artificial Flavors, Salt, Sucralose, Acesulfame Potassium, Cellulose Gum, Silica, Maltodextrin.

Contains: Milk, Egg, Fish (Salmon), Tree Nuts (Coconut).

Manufactured in a facility that processes Milk, Egg, Soy, Peanuts, Tree Nuts, Wheat, Shellfish, Fish and Sesame.

DISTRIBUTED BY: REDCON1, LLC  
701 PARK OF COMMERCE BLVD.  
BOCA RATON, FL 33487  
TEL: 1(855) 733-2661

Sold by weight not volume. Product does not completely fill container. Settling occurs in shipping. Keep in a cool, dry place.



V.3.1

@REDCON1



REDCON1.COM