

YOR MRP[®]

MEAL REPLACEMENT

(Vanilla)

Nutrition Facts

Serving Size: 2 rounded scoops (34g)
Servings Per Container: 21

Amount Per Serving		% Daily Value*	
Calories	140		
Calories from Fat	35		
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	270mg		11%
Potassium	320mg		9%
Total Carbohydrate	5g		2%
Dietary Fiber	2g		8%
Sugars	<1g		
Protein	20g		40%
Vitamin A	35%	Niacin	35%
Vitamin C	35%	Vitamin B6	30%
Calcium	35%	Folate	40%
Iron	0%	Vitamin B12	45%
Vitamin D	45%	Biotin	40%
Vitamin E	35%	Pantothenic Acid	40%
Thiamin	35%	Phosphorus	30%
Riboflavin	35%	Iodine	40%
Magnesium	25%	Zinc	40%
Selenium	40%	Copper	40%
Manganese	40%	Chromium	40%
Molybdenum	45%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram: Fat - 9 Carbohydrates - 4 Protein - 4

Naturally Occurring Amino Acids Per Serving **

Alanine	839mg	Lysine	1664mg
Arginine	727mg	Methionine	451mg
Aspartic Acid	1,934mg	Phenylalanine	863mg
Cystine	342mg	Proline	1,466mg
Glutamic Acid	3,427mg	Serine	1,039mg
Glycine	440mg	Threonine	1,084mg
Histidine	472mg	Tryptophan	302mg
Isoleucine	1,086mg	Tyrosine	804mg
Leucine	2,012mg	Valine	1,142mg

** Naturally occurring amounts of amino acids may vary.

Directions:

First: Pour 8-12 ounces of cold water into a blender or YOR Shaker Bottle.

Second: Add 2 rounded scoops of YOR MRP.

Third: Blend or shake vigorously for 15-30 seconds.

STIRRING ALONE WILL NOT ALLOW THE POWDER TO MIX PROPERLY.

Recommended weight management plan:

Replace 2 meals (preferably breakfast & dinner) per day with YOR MRP and eat a balanced lunch with healthy snacks between meals.

Optional (Not Recommended for Weight Loss Purposes):

You may use non-fat lactose free milk, non-fat soy milk, or fresh juice. You may also want to blend with ice or add slices of fresh fruit such as bananas or strawberries. Keep in mind, mixing with anything other than water alone may more than double the amount of calories in your shake.

Designed as a meal replacement to be used in conjunction with a healthy diet and exercise plan.

FOR OPTIMAL WEIGHT LOSS RESULTS USE WATER ONLY.

Ingredients: Protein blend (whey protein concentrate, calcium caseinate, soy protein isolate, milk protein isolate, egg protein), sunflower oil creamer, natural & artificial flavors, mung bean extract proprietary blend, inulin, maltodextrin, gum blend (cellulose, xanthan gum, carrageenan), calcium phosphate tribasic, potassium chloride, sodium phosphate, medium chain triglycerides, lecithin, sodium chloride, magnesium oxide, magnesium amino acid chelate, AMINOGEN[®] (protease derived from *Aspergillus oryzae* and *Aspergillus niger*), ethyl maltol, green tea extract, magnesium aspartate, magnesium phosphate, dicalcium phosphate, beta carotene, ascorbic acid, CARBOGEN+[®] (amylase, cellulase and hemicellulase derived from *Aspergillus oryzae* and *Aspergillus niger*), choline bitartrate, biotin, d-alpha tocopheryl succinate, niacinamide, copper amino acid chelate, zinc oxide, calcium d-pantothenate, L-glutamine, L-carnitine, L-lysine HCl, L-arginine HCl, vitamin A palmitate, manganese amino acid chelate, calcium amino acid chelate, calcium ascorbate, calcium lactate, calcium carbonate, cholecalciferol, potassium iodide, molybdenum amino acid chelate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, chromium amino acid chelate, chromium chloride, chromium citrate, cyanocobalamin, folic acid, chromium polynicotinate, chromium picolinate, sodium selenate.

Contains: Milk, soy and egg.

May contain acesulfame potassium.

Manufactured in a facility that processes milk, soy, fish, shellfish, egg, tree nuts, and wheat.

ATTENTION: READ PRODUCT USAGE ON LABEL PRIOR TO USE.

If you are pregnant, nursing, diabetic, on medication, have any medical condition, or are beginning a weight control program, consult your physician before using this product or making any other dietary changes. Not for use by children under 12 years of age.

KEEP OUT OF REACH OF CHILDREN

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AMINOGEN[®] is protected by U.S. Patent No. 5,387,422.

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To report product satisfaction, adverse effect or other comments please call us at: (949) 681-6088.