

SUGGESTED USE FOR OPTIMAL WEIGHT LOSS RESULTS:

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 add 50% - 100% more calories to 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.

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 4 years of age. **KEEP OUT OF REACH OF CHILDREN**

NUTRITION FACTS & INGREDIENTS (Chocolate Flavor)

Nutrition Facts

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

Amount Per Serving		% Daily Value†	
Calories	140		
Calories from Fat	40		
Total Fat	4g	8%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	20mg	7%	
Sodium	280mg	12%	
Potassium	430mg	12%	
Total Carbohydrate	5g	2%	
Dietary Fiber	2g	8%	
Sugars	0g		
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	35%	Biotin	40%
Vitamin E	35%	Pantothenic Acid	40%
Thiamin	35%	Phosphorus	32%
Riboflavin	35%	Iodine	40%
Magnesium	25%	Zinc	40%
Selenium	35%	Copper	40%
Manganese	40%	Chromium	40%
Chromium	45%	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	1,388mg	Lysine	2,960mg
Arginine	677mg	Methionine	644mg
Aspartic Acid	3,173mg	Phenylalanine	1,008mg
Cystine	793mg	Proline	1,420mg
Glutamic Acid	4,251mg	Serine	1,039mg
Glycine	594mg	Threonine	1,535mg
Histidine	611mg	Tryptophan	944mg
Isoleucine	1,668mg	Tyrosine	959mg
Leucine	3,322mg	Valine	1,553mg

** Naturally occurring amounts of amino acids may vary.

Ingredients:

Protein blend (whey protein concentrate, soy protein isolate, calcium caseinate, milk protein isolate, and egg protein), sunflower oil, cocoa, natural and artificial flavors, mung bean extract, carrageenan, xanthan gum, tricalcium phosphate, potassium chloride, sodium phosphate, medium chain triglycerides, lecithin, sodium chloride, fructooligosaccharide, maltodextrin, magnesium oxide, magnesium chelate, dicalcium phosphate, AMINOGEN® (protease derived from Aspergillus oryzae and Aspergillus niger), green tea extract, magnesium aspartate, CARBOGEN® (amylase, cellulase and hemicellulase derived from Aspergillus oryzae and Aspergillus niger), ascorbic acid, magnesium phosphate, choline bitartrate, biotin, d-alpha tocopheryl succinate, zinc oxide, copper chelate, niacinamide, calcium chelate, calcium d-pantothenate, glutamine, carnitine, lysine, arginine, vitamin A palmitate, manganese chelate, calcium ascorbate, calcium lactate, calcium carbonate, vitamin D3, potassium iodide, molybdenum chelate, pyridoxine HCl, riboflavin, thiamin HCl, chromium chelate, chromium chloride, chromium citrate, cyanocobalamin, folic acid, chromium polynicotinate, chromium picolinate, and sodium selenate.

Contains: whey protein (derived from milk), soy and egg ingredients. May contain acesulfame potassium. Manufactured in a facility that processes milk, soy, fish, shellfish, egg, tree nuts, and wheat.

Distributed by: YOR Irvine, CA 92614 • (949) 681-6088

AMINOGEN® is a Registered Trademark of Triarco Industries. AMINOGEN® is protected by U.S. Patent No. 5,387,422.

CARBOGEN® is a Registered Trademark of Triarco Industries. CARBOGEN® is protected by U.S. Patent No. 5,817,350.

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YOR MRP™

MEAL REPLACEMENT







Available in Vanilla & Chocolate

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YOR MRP MEAL REPLACEMENT™



-  Adds delicious nourishment and supplies exuberant energy
-  Aids weight loss by satisfying hunger and controlling calories
-  Sustains long-term weight loss as part of a healthy maintenance program
-  Supports lean body mass, muscle growth, and muscle recovery
-  Supplies nutritional balance and a low Glycemic Index with 20 grams of protein, and 22 essential vitamins and minerals
-  Maximizes the strength and energy obtained from protein with AMINOGEN® and CARBOGEN®

WHY YOR MRP MEAL REPLACEMENT?

YOR MRP meal replacement takes the guess work out of dieting, supports a long-term healthy weight maintenance program, and supports workouts by increasing lean body mass and muscle building potential. YOR MRP packs proteins, vitamins, minerals, and anti-oxidants into the most convenient, calorie-controlled, hunger reducing combination. No calories are wasted and it tastes delicious so you don't feel deprived. Patented enzyme formulas AMINOGEN® and CARBOGEN® boost the strength and energy obtained from protein, and maximize the use of complex carbs so they aren't stored as fat. These pre-calculated meals eliminate the need to worry about food during the day, so all you need to focus on is your workout and what you're going to wear now that you're losing weight.

STUDIES SUPPORT MEAL REPLACEMENTS FOR WEIGHT LOSS

One clinical trial concluded that a diet with portion-controlled meal replacements yielded significantly greater initial weight loss, plus less regain after 1 year of maintenance than a standard, self-selected, food-based diet. Since meal replacements are portion-controlled diets, it may also help overweight patients better adhere to a weight control program long-term. *

Another study on meal replacements gathered data on metabolic risk factors in overweight subjects, and found that even over a short period of time, a meal replacement diet more effectively improved anthropometric measures (lean body mass proportions) than a fat-restricted, low-calorie diet. *

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.

Individual results may vary based on various factors including, but not limited to, your metabolism, exercise routine, diet, smoking, pregnancy, current medications, and any medical conditions. As with any health or fitness program, regular exercise and a sensible eating plan are essential to achieve long-term weight loss results.



WHAT'S INSIDE YOR MRP

PROTEIN

Blend of Full Range Amino Acid Proteins:

Protein is essential for growth and development. It provides the body with energy, and is needed for the manufacture of hormones, antibodies, enzymes, and tissues. There are several ways to measure the effectiveness of a protein source. First, is the percentage of nitrogen absorbed versus the percentage of nitrogen lost; the AMINOGEN® formula increases nitrogen retention by 32% (see AMINOGEN® section for further explanation). Second, is the amino profile or chemical score including the number of essential/non-essential amines present; YOR MRP provides 18 essential/nonessential amino acids. Third and last, is the protein efficiency ratio, which is the amount of weight gained per source of protein consumed; the AMINOGEN® formula boosts the body's ability to break down protein and increases muscle assimilation by over 100%.

VITAMINS AND MINERALS

Blend of 7 Forms of Calcium:

Calcium is vital for the formation of strong bones and healthy teeth, gums, and skin. It aids in neuromuscular activity, is crucial for muscular growth and contraction, and helps prevent muscle cramps. It is also involved in the activation of several enzymes, including lipase, which breaks down fats to be used by the body.

Blend of 4 Forms of Magnesium:

Magnesium is a vital catalyst in enzyme activity, playing a key role in energy production. It assists in calcium uptake and is necessary to prevent the calcification of soft tissue. This essential mineral protects arterial linings and plays a role in the formation of bone and carbohydrate metabolism.

Blend of 5 Forms of Chromium:

Chromium is involved in the metabolism of glucose and is needed for energy. It is also vital in the synthesis of cholesterol, fats, and proteins. This essential mineral maintains stable blood sugar levels through proper insulin utilization. The average American diet is chromium deficient; only one in ten Americans has an adequate amount of chromium in his or her diet.*

ENZYMES

Before protein and carbs can be used for energy and lean muscle growth, stored enzymes must be released from the digestive system. As we age and undergo stress, enzyme production slows down. Supplementation helps replenish the body's natural supply of enzymes to improve absorption, assimilation, and delivery of vital nutrients to the system. This ultimately improves digestion, energy levels, and helps to maintain a healthy body weight.* YOR MRP features the latest development in patented all natural enzyme formulas:

AMINOGEN® is clinically proven to increase lean body mass and muscle building potential by:

- Breaking down protein and increasing muscle assimilation by over 100%.
- Increasing nitrogen retention by 32% when combined with a high protein diet; the body needs more nitrogen coming in than going out to trigger anabolism (metabolism function that constructively synthesizes simple substances into more complex substances).*

CARBOGEN® is clinically proven to maximize the body's energy, endurance, and recovery time by:

- Facilitating the conversion of complex carbs into available energy, so not to be stored as fat.
- Maintaining 100% of your body's VO₂ max (the maximum capacity of an individual's body to transport and utilize oxygen during incremental exercise) 43% longer, so energy is prolonged for workouts and weight-loss results are enhanced.
- Improving post-workout recovery 275% by more efficiently ridding the body of lactic acid; this makes muscles less sore after workouts and able to heal quicker.*

*Please see website at www.yor.com for all resources, quotes, and clinical studies.