



YOR MRP™

MEAL REPLACEMENT

(Chocolate Sample Pack)

DIRECTIONS

First: Mix contents with 8-12 ounces of cold water in a blender or YOR Shaker Bottle.
Second: Blend or shake vigorously for 15-30 seconds. STIRRING ALONE WILL NOT ALLOW THE POWDER TO MIX PROPERLY.

Nutrition Facts

Serving Size: 1 packet (34g)

Amount Per Serving		% Daily Value*	
Calories	140		
Calories from Fat	40		
Total Fat	4g	6%	
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%	Biotin	40%
Vitamin C	35%	Pantothenic Acid	40%
Calcium	35%	Phosphorus	32%
Iron	0%	Iodine	40%
Vitamin D	35%	Magnesium	25%
Vitamin E	35%	Zinc	40%
Thiamin	35%	Selenium	35%
Riboflavin	35%	Copper	40%
Niacin	35%	Manganese	40%
Vitamin B6	30%	Chromium	40%
Folate	40%	Molybdenum	45%
Vitamin B12	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
Arginine	677mg
Aspartic Acid	3,173mg
Cystine	793mg
Glutamic Acid	4,251mg
Glycine	594mg
Histidine	611mg
Isoleucine	1,668mg
Leucine	3,322mg
Lysine	2,960mg
Methionine	644mg
Phenylalanine	1,008mg
Proline	1,420mg
Serine	1,039mg
Threonine	1,535mg
Tryptophan	944mg
Tyrosine	959mg
Valine	1,553mg

** Naturally occurring amounts of amino acids may vary.

Do not use if seal is broken, damaged, or appears to have been tampered with. 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.

Storage: Keep tightly sealed in a cool, dry place away from moisture, sunlight, and excessive heat.

KEEP OUT OF REACH OF CHILDREN

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.

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.

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