



# YOR MRP™

## MEAL REPLACEMENT

### (Vanilla 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		
<b>Calories</b>	140	
Calories from Fat	40	
		<b>% Daily Value*</b>
<b>Total Fat</b>	4.5g	7%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	20mg	7%
<b>Sodium</b>	270mg	11%
<b>Potassium</b>	320mg	9%
<b>Total Carbohydrate</b>	5g	2%
Dietary Fiber	2g	8%
Sugars	<1g	
<b>Protein</b>	20g	40%
Vitamin A	35%	Biotin 40%
Vitamin C	35%	Pantothenic Acid 40%
Calcium	30%	Phosphorus 28%
Iron	0%	Iodine 40%
Vitamin D	45%	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, calcium caseinate, soy protein isolate, milk protein isolate, and egg protein), sunflower oil, natural and artificial flavors, mung bean extract, fructooligosaccharide, maltodextrin, tricalcium phosphate, carrageenan, xanthan gum, potassium chloride, sodium phosphate, sodium chloride, lecithin, medium chain triglycerides, magnesium oxide, magnesium chelate, AMINOGEN® (protease derived from *Aspergillus oryzae* and *Aspergillus niger*), green tea extract, dicalcium phosphate, magnesium aspartate, magnesium phosphate, ethyl maltol, beta carotene, ascorbic acid, CARBOGEN® (amylase, cellulase and hemicellulase derived from *Aspergillus oryzae* and *Aspergillus niger*), choline bitartrate, biotin, d-alpha tocopheryl succinate, zinc oxide, copper chelate, niacinamide, arginine, carnitine, lysine, glutamine, calcium d-pantothenate, vitamin A palmitate, calcium chelate, calcium ascorbate, calcium lactate, calcium carbonate, manganese chelate, 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.