



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	40		
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	30%	Folate	40%
Iron	0%	Vitamin B12	45%
Vitamin D	45%	Biotin	40%
Vitamin E	35%	Pantothenic Acid	40%
Thiamin	35%	Phosphorus	28%
Riboflavin	35%	Iodine	40%
Magnesium	25%	Zinc	40%
Selenium	35%	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	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.

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 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.

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.

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

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