

# YOR MRP

## Meal Replacement

### Chocolate

### Nutrition Facts

Serving Size: 2 scoops (35 g)

Servings Per Container: 14

Amount Per Serving		% Daily Value*	
<b>Calories</b>	130		
Calories from Fat	30		
<b>Total Fat</b>	3.5 g		5%
Saturated Fat	1 g		5%
Trans Fat	0 g		
<b>Cholesterol</b>	30 mg		10%
<b>Sodium</b>	340 mg		14%
<b>Potassium</b>	290 mg		8%
<b>Total Carbohydrate</b>	7 g		2%
Dietary Fiber	2 g		7%
Sugars	1 g		
<b>Protein</b>	20 g		40%
Vitamin A	25%	Vitamin C	35%
Calcium	20%	Iron	0%
Vitamin D	45%	Vitamin E	20%
Thiamin	35%	Riboflavin	35%
Niacin	35%	Vitamin B6	30%
Folate	35%	Vitamin B12	45%
Biotin	40%	Pantothenic Acid	35%
Phosphorus	15%	Iodine	35%
Magnesium	15%	Zinc	20%
Selenium	35%	Copper	20%
Manganese	40%	Chromium	40%
Molybdenum	35%		

\*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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

#### Naturally Occurring Amino Acids Per Serving \*\*

Alanine	853 mg	Lysine	1,736 mg
Arginine	769 mg	Methionine	429 mg
Aspartic Acid	2,067 mg	Phenylalanine	821 mg
Cysteine	395 mg	Proline	698 mg
Glutamic Acid	3,666 mg	Serine	1,059 mg
Glycine	467 mg	Threonine	1,137 mg
Histidine	442 mg	Tryptophan	326 mg
Isoleucine	1,170 mg	Tyrosine	743 mg
Leucine	2,020 mg	Valine	1,144 mg

\*\* Naturally occurring amounts of amino acids may vary.

#### DIRECTIONS

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

Second: Add 2 scoops of YOR MRP.

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

**INGREDIENTS:** Protein blend (whey protein concentrate, milk protein isolate, soy protein isolate, calcium caseinate, egg protein), cocoa, sunflower oil, maltodextrin, natural & artificial flavors, medium chain triglycerides, gum blend (xanthan gum, guar gum, carrageenan), sodium chloride, potassium chloride, sodium phosphate, calcium carbonate, magnesium oxide, AMINOGEN® (protease derived from Aspergillus oryzae and Aspergillus niger), ascorbic acid, sucralose, L-glutamine, L-carnitine, L-lysine HCL, L-arginine HCL, lactase, molybdenum amino acid chelate, CARBOGEN® (amylase, cellulase and hemicellulase derived from Aspergillus oryzae and Aspergillus niger), calcium phosphate, biotin, choline bitartrate, YOR NDS™ PATENT PROTECTED BLEND: (Biodiastase (amylase, protease, cellulase), Newlase (protease, lipase), YORzyme™ (protease, cellulase), Lipase AP-12), d-alpha-tocopheryl acetate, niacinamide, copper amino acid chelate, zinc oxide, vitamin A palmitate, green tea extract, calcium d-pantothenate, manganese amino acid chelate, beta-carotene, folic acid, cholecalciferol, calcium amino acid chelate, calcium ascorbate, magnesium amino acid chelate, magnesium aspartate, magnesium phosphate, potassium iodide, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, cyanocobalamin, chromium amino acid chelate, chromium polynicotinate, sodium selenate, chromium picolinate.

**Contains:** Milk, soy and egg.

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

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

Not for use by children under 12 years of age.

**KEEP OUT OF REACH OF CHILDREN**

**Attention:** Read product usage on label prior to use. Do not use if the safety seal is broken, damaged or appears to have been tampered with. If you are pregnant, nursing, diabetic, on medication, have any medical conditions or are beginning a weight control program, consult your physician before using this product or making any other dietary changes.

To report product satisfaction, adverse effects or other comments please call us at: (949) 681-6090.

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

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# YOR MRP

## Meal Replacement

### Vanilla

### Nutrition Facts

Serving Size: 2 scoops (35 g)  
 Servings Per Container: 14

Amount Per Serving			
<b>Calories</b>	140		
Calories from Fat	35		
		% Daily Value*	
<b>Total Fat</b>	4 g	6%	
Saturated Fat	1 g	5%	
Trans Fat	0 g		
<b>Cholesterol</b>	30 mg	10%	
<b>Sodium</b>	310 mg	13%	
<b>Potassium</b>	340 mg	10%	
<b>Total Carbohydrate</b>	7 g	2%	
Dietary Fiber	2 g	7%	
Sugars	1 g		
<b>Protein</b>	20 g	40%	
Vitamin A	25%	Vitamin C	35%
Calcium	20%	Iron	0%
Vitamin D	45%	Vitamin E	20%
Thiamin	35%	Riboflavin	35%
Niacin	35%	Vitamin B6	30%
Folate	35%	Vitamin B12	45%
Biotin	40%	Pantothenic Acid	35%
Phosphorus	20%	Iodine	35%
Magnesium	15%	Zinc	20%
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Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

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#### Naturally Occurring Amino Acids Per Serving \*\*

Alanine	928 mg	Lysine	1,849 mg
Arginine	728 mg	Methionine	450 mg
Aspartic Acid	2,179 mg	Phenylalanine	811 mg
Cysteine	435 mg	Proline	557 mg
Glutamic Acid	3,787 mg	Serine	1,080 mg
Glycine	459 mg	Threonine	1,236 mg
Histidine	439 mg	Tryptophan	346 mg
Isoleucine	1,244 mg	Tyrosine	732 mg
Leucine	2,138 mg	Valine	1,185 mg

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#### DIRECTIONS

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