

## LOW CARB MEAL REPLACEMENT

THE MRE PROTEIN LINE IS BUILT OFF THE PREMISE THAT 'REAL FOOD IS THE MOST IMPORTANT FUEL YOU CAN GIVE YOUR BODY.' FORMULATED WITHOUT WHEY PROTEIN,† MRE LITE IS A DELICIOUS WAY TO UP YOUR PROTEIN INTAKE. PLUS IT'S GENTLE ON YOUR STOMACH AND TASTES DELICIOUS.



BUILD & RECOVER  
ANY TIME OF DAY



MULTIPLE WHOLE FOOD  
PROTEIN SOURCES



CREAMY MILKSHAKE  
TASTE & TEXTURE.



NO WHEY,  
EASY TO DIGEST†

## FOR BEST RESULTS



### HOW TO TAKE

**MIX (1) SCOOP** OF MRE LITE  
WITH 4-6oz OF WATER  
OR YOUR FAVORITE BEVERAGE.  
SHAKE WELL AND CONSUME.



### WHEN TO TAKE

**ANY TIME OF DAY**  
AS A HIGH PROTEIN,  
COMPLETE MEAL  
REPLACEMENT.



**WATCH VIDEO SCAN TO LEARN MORE**

\*\*Not a low calorie food. See nutrition information for calorie and sugar content.  
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.  
†Contains Milk. See nutrition panel for allergen information.

**REDCON1**

# MRE LITE®

30 SERVINGS

WHOLE FOOD PROTEIN

24g PROTEIN

NO WHEY†

130 CALORIES

PROTEIN POWDER DRINK MIX  
Net Wt. 33.33 oz (2.08lb) (945g)

SOLD BY WEIGHT NOT VOLUME

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**BANANA NUT BREAD**  
NATURALLY/AND ARTIFICIALLY FLAVORED

130 CALORIES

0g ADDED SUGAR\*\*

24g PROTEIN

## Nutrition Facts

|                              |                 |
|------------------------------|-----------------|
| 30 servings per container    |                 |
| Serving size                 | 1 Scoop (31.5g) |
| <b>Amount per serving</b>    |                 |
| <b>Calories</b>              |                 |
| <b>% Daily Value*</b>        |                 |
| <b>Total Fat</b> 2g          | <b>3%</b>       |
| Saturated Fat 1g             | 5%              |
| Trans Fat 0g                 |                 |
| <b>Cholesterol</b> 0mg       | <b>0%</b>       |
| <b>Sodium</b> 95mg           | <b>4%</b>       |
| <b>Total Carbohydrate</b> 4g | <b>2%</b>       |
| Dietary Fiber 0g             | 0%              |
| Total Sugars 2g              |                 |
| Includes 0g Added Sugars     | 0%              |
| <b>Protein</b> 24g           | <b>48%</b>      |
| Vitamin D 0mcg               | 0%              |
| Calcium 350mg                | 25%             |
| Iron 0.3mg                   | 2%              |
| Potassium 20mg               | 0%              |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Food Protein Blend (Beef Protein Isolate, Pea Protein, Chicken Protein, Egg Albumin, Salmon Protein, Brown Rice Protein), Milk Powder (for texture), Medium Chain Triglyceride Oil Powder (Nonfat Dry Milk, Potassium Phosphate), Natural and Artificial Flavors, Cinnamon, Cellulose Gum, Salt, Sucralose, Acesulfame Potassium, Silica, Maltodextrin.

Contains: Milk, Egg, Fish (Salmon), Tree Nuts (Coconut).

Allergen Warning: Manufactured on shared equipment which processes products containing Milk, Egg, Soy, Peanuts, Tree Nuts, Wheat, Shellfish, Fish and Sesame.

DISTRIBUTED BY: REDCON1, LLC  
701 PARK OF COMMERCE BLVD.  
BOCA RATON, FL 33487  
TEL: 1(855) 733-2661

Settling may occur. Keep in a cool, dry place. Store at 59-86°F (15-30°C)



V.2.1

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