

Core MRP Cinnamon and Brown Sugar Flavor Released

written by Mike Roberto | August 1, 2022

Who doesn't love *Cinnamon and Brown Sugar*?! Not many people, as far as we know – but for whatever reason, it's not a very common *protein* flavor. That changes today with the latest flavor of CORE Nutritionals MRP!

Core MRP now comes in a *Cinnamon and Brown Sugar* flavor!



Last time we talked about MRP (November 2021), we wrote about their epic new Core MRP flavors in *S'Mores* and *Carrot Cake*. That time, we jokingly asked “*who doesn't love carrot cake?*” knowing full well that it is a very niche flavor, and *S'mores* was likely to get more mainstream love.

But when it comes to *cinnamon* and *brown sugar*, it's less of a joke, because nearly *everyone* can get along with this incredible flavor system.

Core MRP has a ton of fabulous flavors because it's been around for so long and is extremely popular, and the profile (recapped below) is so friendly to rich flavor systems.

Below, we post our flavor tasting of this new flavor, and then get into a recap of Core MRP. But first, let's check availability and show the other flavors available:

Core Nutritionals MRP – Deals and Price Drop Alerts

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Supplement Facts		
Serving Size: 2 scoops (60g) Servings Per Container: approx. 20		
	Amount Per Serving	% Daily Value
Calories	270	
Total Fat	6g	8%*
Saturated Fat	3g	15%*
Trans Fat	0g	**
Cholesterol	44mg	15%*
Total Carbohydrate	26g	10%*
Dietary Fiber	3g	11%*
Total Sugars	2g	**
Added Sugars	0g	0%*
Protein	27g	54%*
Vitamin A	316 mcg RAE	35%*
Vitamin C	32 mg	35%*
Vitamin D	7 mcg	35%*
Vitamin E	5 mg α -tocopherol	33%*
Vitamin K	42 mcg	35%*
Thiamin	0.42 mg	35%*
Riboflavin	0.46 mg	35%*
Niacin	5.6 mg NE	35%*
Vitamin B6	0.6 mg	35%*
Folate	140 mcg DFE	35%*
Vitamin B12	0.84 mcg	35%*
Biotin	11 mcg	37%*
Pantothenic Acid	1.75 mg	35%*
Calcium	263 mg	20%*
Iron	8.25 mg	46%*
Phosphorus	290 mg	23%*
Iodine	50 mcg	33%*
Magnesium	22 mg	5%*
Zinc	3.86 mg	35%*
Selenium	19 mcg	35%*
Copper	0.3 mg	33%*
Manganese	0.8 mg	35%*
Chromium	12 mcg	34%*
Molybdenum	16 mcg	36%*
Chloride	357 mg	16%*
Sodium	299 mg	13%*
Potassium	280 mg	6%*

Typical Amino Acid Profile	
Amount Per Serving	
Alanine	1310 mg
Arginine	707 mg
Aspartic Acid	2006 mg
Cysteine	593 mg
Glutamic Acid	4422 mg
Glycine	501 mg
Histidine I	512 mg
Isoleucine II	1650 mg
Leucine III	2899 mg
Lysine I	2464 mg
Methionine I	563 mg
Phenylalanine I	880 mg
Proline	1696 mg
Serine	1363 mg
Threonine I	1826 mg
Tryptophan III	488 mg
Tyrosine	809 mg
Valine II	1621 mg

I Essential Amino Acids
II BCAAs
III The L-Tryptophan indicated is from naturally occurring sources of protein.

INGREDIENTS: Whole Grain Oat Flour (34.4g yielding 5.1g), Cold-Processed Undenatured Whey Protein Concentrate (13.75 yielding 11g), Milk Protein Isolate (5.875g yielding 5.5g), Cross-Flow Microfiltered Whey Protein Isolate (6.1g yielding 5.5g), Coconut Oil Creamer, Natural Flavors, Sodium Chloride, Xanthan Gum, Sucralose, Whole Food Based Vitamin & Mineral Blend (from Broccoli, Spinach, Kale, Pumpkin, Sweet Potato, Sunflower Seed, Kelp, Chlorella, Maitake Mushroom, Shiitake Mushroom), DigeSEB™ Digestive Enzyme Blend: Amylase, Lactase, Protease, Lipase, Cellulase, Sunflower Lecithin.

ALLERGEN INFORMATION: Contains Milk and Coconut. Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

Manufactured in a U.S. cGMP Facility
Distributed by: Core Nutritionals, LLC, Statesville, NC 28625.
www.corenutritionals.com
info@corenutritionals.com
(800) 978-2332

*Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Core MRP Cinnamon and Brown Sugar Macros

- **Calories: 270**
- **Protein: 27g**
- **Fat: 6g**
 - **Saturated Fat: 3g**

- **Carbohydrates: 26g**
 - **Dietary Fiber: 3g**
 - **Sugar: 2g**

What's in Core MRP?

Core MRP is a *meal replacement protein* that kicked off the entirety of CORE Nutritionals, which founder and CEO Doug Miller explained in Episode #050 of the PricePLOW Podcast. At that time, Doug was tired of meal replacement powders that had all high-glycemic filler carbs like maltodextrin, so he *made one himself*.

To this day, Core MRP is still crushing it, providing the following features:



- A low-fat friendly macro balance of carbs and protein
- Slower-digesting, lower-glycemic carbohydrates
- A vitamin and mineral blend supported by whole foods
- Absorption improvement from digestive enzymes

- Tons of great and unique flavors (who else has *Carrot Cake*, for instance)

You can read more about it in our article *Core MRP: A Full-Spectrum Meal Replacement*. Long story short? Core uses **whole grain oat flour** as the main carbohydrate source along with a blend of **whey protein concentrate**, **milk protein isolate**, and **whey protein isolate** for protein.

You also get some healthy saturated fats in the form of MCTs (medium chain triglycerides) in the **coconut oil creamer**, and it's all supported by some salt, thickeners, sweetener, and whole food blend to bring the vitamins. Finally, as is tradition with Doug Miller's protein, a blend of digestive enzymes from **DigeSEB** is added to improve absorption.

Other Core MRP flavors available

Want to find that *Carrot Cake* flavor instead? See the available flavors below:



A match made in heaven



Core MRP makes great protein pudding, but if you *really* want some pudding, check out Core PUDD'N!

Well over a decade ago, Core MRP forever changed the game of meal replacement proteins with a formula that was actually *not* cheap protein plus cheap carbs. It has nearly everything a low-fat dieter would like to get through a busy day, helping to provide some extra protein and carbs between meals or *as* a meal.

We don't live by MRPs, but we do love to have them around. And in a pinch, they work pretty well in your "Mad Max" style preps too!

Remember to use PricePLOW to save on Core MRP and sign up for our CORE Nutritionals news alerts – there's something *huge* coming next week:

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