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### Core Power UPC-62

# Core Power Elite High Protein Shake User Manual

Brand: Core Power

## 1. INTRODUCTION

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The Core Power Elite High Protein Shake is designed to support your recovery and fitness goals. Whether you are aiming for a new personal record or maintaining your fitness, this shake provides essential nutrients to help you refuel, rebuild, rehydrate, and recover effectively after your workouts.

This manual provides detailed information on the product's features, nutritional content, usage, storage, and specifications.



Image: Core Power Elite High Protein Shake, Vanilla, 12-pack packaging.

## 2. KEY FEATURES

- **Maximize Recovery:** Formulated to combat post-workout fatigue with high-quality protein.
- **High-Quality Protein:** Contains 42g of protein per bottle, essential for muscle repair and rebuilding.
- **Complete Amino Acids:** Includes all 9 essential amino acids, derived from fairlife ultra-filtered milk.
- **Nutrient-Rich:** Provides calcium, vitamin D, and electrolytes vital for bodily functions.
- **Lactose-Free & Shelf-Stable:** Suitable for individuals with lactose intolerance and convenient for storage.
- **Delicious Vanilla Flavor:** Offers a smooth and satisfying taste experience.

## 3. NUTRITION INFORMATION

Each 14oz (414 mL) bottle of Core Power Elite Vanilla provides significant nutritional value to support your active lifestyle.

## Nutrition Facts

1 serving per container

Serving size 1 Bottle (414 mL)

Amount per serving

**Calories 230**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 250mg 11%

**Total Carbohydrate** 8g 3%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 42g 85%

Vitamin D 10mcg 50%

Calcium 900mg 70%

Potassium 520mg 10%

Vitamin A 240mcg 25%

Not a significant source of iron.

\*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:** FILTERED LOW FAT GRADE A MILK, CONTAINS LESS THAN 1% OF NATURAL FLAVORS, LACTASE ENZYME, ACESULFAME POTASSIUM, CARRAGEENAN, MONK FRUIT JUICE CONCENTRATE, MALTODEXTRIN, SEA SALT, CELLULOSE GEL, CELLULOSE GUM, STEVIA LEAF EXTRACT, SUCRALOSE, VITAMIN A PALMITATE, VITAMIN D3.

**CONTAINS: MILK.**



Image: Detailed Nutrition Facts label for one bottle of Core Power Elite Vanilla.

## Ingredients

# INGREDIENTS

**FILTERED LOWFAT GRADE A MILK,  
CONTAINS LESS THAN 1% OF NATURAL  
FLAVORS, LACTASE ENZYME,  
ACESULFAME POTASSIUM,  
CARRAGEENAN, MONK FRUIT JUICE  
CONCENTRATE, MALTODEXTRIN, SEA  
SALT, CELLULOSE GEL, CELLULOSE GUM,  
STEVIA LEAF EXTRACT, SUCRALOSE,  
VITAMIN A PALMITATE,  
VITAMIN D3.**

**CONTAINS: MILK.**

Image: Close-up of the ingredients list on the Core Power Elite Vanilla bottle.

- Lowfat Filtered Milk
- Honey
- Maltodextrin
- Natural Flavors
- Lactase Enzyme
- Sodium Polyphosphate
- Acesulfame Potassium
- Sucralose
- Carrageenan
- Vitamin A Palmitate
- Vitamin D3

**Allergen Information:** Contains Milk. Lactose Free.

## 4. USAGE INSTRUCTIONS

Core Power Elite High Protein Shakes are ready-to-drink and designed for convenient consumption, especially after physical activity.

- **Before Use:** Shake well before opening.
- **Consumption:** Consume one bottle (14oz) as a post-workout recovery drink or as a high-protein snack.
- **Optimal Timing:** Best consumed within 30-60 minutes after exercise to maximize muscle recovery.

# high quality PROTEIN to build muscle



Image: A person consuming a Core Power Elite shake, illustrating post-workout use.

## 5. STORAGE AND HANDLING

- **Before Opening:** Product is shelf-stable and does not require refrigeration. Store in a cool, dry place away from direct sunlight.
- **After Opening:** Refrigerate immediately after opening and consume within 3 days.
- **Packaging:** The product is aseptically pasteurized and sealed for your protection. Do not consume if the seal is broken or damaged.

## 6. SPECIFICATIONS

Attribute	Detail
Brand	Core Power
Flavor	Vanilla
Protein Content	42 Grams per bottle
Number of Items	12 bottles per pack
Units	168 Fluid Ounces (total for 12 bottles)
Allergen Information	Lactose Free, Milk
Diet Type	Kosher
Product Dimensions	39.37 x 39.37 x 39.37 inches; 10.5 Pounds
Item Model Number	UPC-62
UPC	811620020664

## 7. IMPORTANT SAFETY INFORMATION

- This product is labeled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling, and allergen warnings.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Always consult with a healthcare professional before starting any new dietary supplement regimen.

## 8. TROUBLESHOOTING

If you encounter any issues or have concerns regarding the Core Power Elite High Protein Shake, please consider the following:

- **Taste/Consistency:** Ensure the product is well-shaken before consumption. For best taste, serve chilled.
- **Storage:** Verify that the product has been stored according to instructions (refrigerated after opening).
- **Allergic Reactions:** If you experience any adverse reactions, discontinue use immediately and consult a healthcare professional. Review the ingredients list carefully for any known allergens.

## 9. WARRANTY AND SUPPORT

For product inquiries, feedback, or support, please refer to the contact information provided on the product packaging or visit the official Core Power website. While specific warranty details are not provided in this manual, Core Power is committed to providing high-quality products. Please retain your proof of purchase for any potential claims.

