MY GUARANTEE

My Pro JYM™ protein powder is made from the highest-quality sources of protein. That's why I list the precise amount of each type of protein that is in every scoop of Pro JYM. Research confirms that the best gains in lean muscle mass are achieved with a protein blend that includes a fast-digesting protein (whey protein), a moderate-digesting protein (egg protein) and a slow-digesting protein (casein protein).* These are the three protein sources that make up my Pro JYM protein blend. I optimized the amount of each one to maximize my own results as well as yours.*

Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: @JimStoppani or @JimStoppaniPhD
JYMSupplementScience.com

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GET ONE MONTH OF FREE ACCESS

TO HUNDREDS OF JIM'S WORKOUTS VISIT JIMSTOPPANI.COM/JYM-TRIAL

For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to JYMSupplementScience.com.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

PRO MUSCLE GROWTH* | STRENGTH* | ENERGY* | ENDURANCE* | RECOVERY*‡

JYM® supplement science

7.5g‡	7g‡	7g‡	2.5g‡
WHEY PROTEIN ISOLATE	MICELLAR CASEIN	MILK PROTEIN ISOLATE	EGG WHITE PROTEIN

MINT CHOCOLATE CHIP
NATURAL & ARTIFICIAL FLAVORS

PROTEIN | 51 SERVINGS | ‡PER SERVING

THE ONLY PROTEIN POWDER BLEND FORMULATED AND USED BY DR. JIM STOPPANI

DIETARY SUPPLEMENT

NET WEIGHT: 4 LBS. (64 OZ.) (1828g)

Supplement Facts

Serving Size: 1 Scoop (36g)
Servings Per Container: About 51

Amount Per Serving		% Daily Value
Calories	140	
Calories From Fat	25	
Total Fat	3g	5%**
Saturated Fat	2.5g	13%**
Cholesterol	15mg	5%
Total Carbohydrate	5g	2%**
Sugars	1g	†
Protein	24g	48%**
Calcium	414mg	40%
Sodium	120mg	5%
Potassium	120mg	3%

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

INGREDIENTS: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg Protein), Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate), Cookie Pieces (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa Processed with Alkali, Corn Starch, Salt, Chocolate Liquor, Natural Flavor, Sodium Bicarbonate), Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium, FD&C Blue #1, FD&C Yellow #5, Silicon Dioxide, Sunflower Lecithin.

ALLERGEN WARNING: Contains EGG and MILK. Produced on shared equipment that also processes products that contain SOY, TREE NUTS and WHEAT ingredients.

DIRECTIONS: As a Dietary Supplement mix each scoop of Pro JYM™ in 6-12 oz. of water or milk depending on your preference for thickness and texture. Consume 1-2 scoops within 30 minutes before workouts, and 1-2 scoops within 30 minutes after workouts. Also consider taking 1-2 scoops when you first wake up each day and before going to bed for maximizing lean muscle mass gains. You can also consume 1-2 scoops between regular meals.

WARNINGS: Do not use as a sole source of nutrition. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing, under the age of 18, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s).

KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken.

PROP 65 WARNING: This product contains a chemical known to the State of California to cause cancer, birth defects or other reproductive harm.

PRO JYM PROTEIN DETAILS: Each scoop of Pro JYM delivers 24 grams of pure, quality protein. It's not made with cheap and inferior whey protein concentrate and/or caseinates like the majority of protein powders on the market today. Instead I use only the highest-quality whey protein isolate, micellar casein, milk protein isolate, and egg white protein (egg albumin).

The 24 grams of protein in each scoop of Pro JYM contains the following:

- Whey protein isolate: 7.5g
- Micellar casein: 7g
- Milk protein isolate: 7g (5.5g casein, 1.5g whey)
- Egg albumin: 2.5g

Since milk protein isolate is 20% whey protein and 80% micellar casein, the 7 grams of milk protein isolate are composed of 1.5 grams of whey and 5.5 grams of casein. This means that each scoop contains 9 grams of whey protein, 12.5 grams of micellar casein, and 2.5 grams of egg protein.

DISTRIBUTED BY:
PHD Fitness, 31356 Via Colinas #112
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Made in the USA with domestic and international ingredients.

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