



### MY GUARANTEE

My Mass JYM™ formula is the first mass gainer to use a non-proprietary protein blend, a non-proprietary carbohydrate blend, and a non-proprietary fat blend. The 1:1 ratio of protein to carbs works to help optimize lean muscle mass gains while minimizing body fat gain.\* Whether you use it as a meal supplement when on the go, or as a mass gainer, you can be confident that every ingredient in this bottle was selected by me, as I design every JYM product for both myself and the rest of the JYM Army.

 Jim Stoppani, PhD  
Owner - JYM Supplement Science

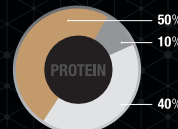
#### MACRONUTRIENTS:

- PROTEIN 30g
- CARBOHYDRATES 34g
- FAT 6g
- OTHER: ASH & MOISTURE 9g



#### PROTEIN:

- TOTAL CASEIN PROTEIN 15g FROM MICELLAR CASEIN & MILK PROTEIN ISOLATE
- TOTAL WHEY PROTEIN 12g FROM WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE & MICELLAR CASEIN
- EGG PROTEIN 3g



#### GLYCEMIC INDEX (GI) OF INGREDIENTS\*

- LOW-GLYCEMIC 53g
  - HIGH-GLYCEMIC 18g
- \* FLAVOR SYSTEM NOT INCLUDED



#### FATTY ACIDS:

- SATURATED FAT 2g
- MONOUNSATURATED FAT 2g
- POLYUNSATURATED FAT 2g



For questions regarding JYM products go to:   @JimStoppani or  @JimStoppaniPhD or [JYMSupplementScience.com](http://JYMSupplementScience.com)

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## GET ONE MONTH OF FREE ACCESS TO HUNDREDS OF JIM'S WORKOUTS VISIT [JIMSTOPPANI.COM/JYM-TRIAL](http://JIMSTOPPANI.COM/JYM-TRIAL)



For more info on the JYM Supplement ScienceLexicon and how it can help you optimize your results, go to [JYMSupplementScience.com](http://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.

# MASS

MUSCLE GROWTH\* | STRENGTH\* | ENERGY\*  
ENDURANCE\* | RECOVERY\* | REFUEL\*†

# JYM

supplement science

30g<sup>‡</sup> PROTEIN | 34g<sup>‡</sup> CARBS | 300<sup>‡</sup> CALORIES | 4.5g<sup>‡</sup> FIBER | <1g<sup>‡</sup> LACTOSE

CHOCOLATE MOUSSE



NATURAL & ARTIFICIAL FLAVORS

28 SERVINGS | †PER SERVING

## THE ONLY MASS GAINER FORMULATED AND USED BY DR. JIM STOPPANI

DIETARY SUPPLEMENT

NET WEIGHT: 5 LBS. (2268g)

## Supplement Facts

Serving Size: 1 Scoop (81g)

Servings Per Container: About 28

	Per Scoop		Per 2 Scoops	
	Amount	% Daily Value	Amount	% Daily Value
Calories	300		600	
Calories from Fat	60		120	
Total Fat	6g	9%**	13g	20%**
Saturated Fat	2g	10%**	4g	20%**
Polyunsaturated Fat	2g	†	4g	†
Monounsaturated Fat	2g	†	4g	†
Cholesterol	20mg	7%	40mg	14%
Total Carbohydrate	34g	11%**	69g	22%**
Dietary Fiber	4g	16%**	9g	35%**
Sugars	10g	†	20g	†
Protein	30g	60%**	60g	120%**
Calcium	486mg	50%	972mg	100%
Iron	1mg	6%	2mg	20%
Sodium	390mg	16%	780mg	32%
Potassium	300mg	9%	600mg	18%

\*\*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), Pea Starch, Dextrose, Cocoa Powder processed with alkali, Sunflower-Based Creamer (Sunflower Oil, Maltodextrin, Micellar Casein, Soy Lecithin, Sodium Citrate, and Tricalcium Phosphate), Conjugated Linoleic Acid [Conjugated Linoleic Acid Triglycerides, Corn Syrup Solids, Sodium Caseinate, Silicon Dioxide, Dipotassium Phosphate, Antioxidants], Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate), Polydextrose, Isomaltulose, Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Oat Bran, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

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

**DIRECTIONS:** As a Dietary Supplement, mix one to two scoops of MASS JYM™ with 10-24oz. of cold water or milk depending on your preference for thickness and texture. Use MASS JYM at any time of day – morning, between meals, before bed, before or after workouts – as a meal supplement, to increase your total protein and caloric intake, and help maximize muscle and size gains.\*

**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.

**WARNING:** Discontinue use two weeks prior to surgery.

Made in the USA with domestic and international ingredients.

DISTRIBUTED BY:  
PHD Fitness, LLC, 31356 Via Colinas #112  
West Lake Village, CA 91362 USA 1-888-557-7774



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