



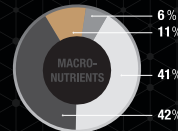
MY GUARANTEE

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 31g
- FAT 4g
- OTHER: ASH & MOISTURE 8g



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 1g
- MONOUNSATURATED FAT 1g
- POLYUNSATURATED FAT 1g



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

MASS

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

JYM

supplement science

30g†
PROTEIN

31g†
CARBS

280†
CALORIES

3g†
FIBER

<1g†
LACTOSE

TAHITIAN
VANILLA BEAN



NATURAL & ARTIFICIAL FLAVORS

30 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 (74g)
Servings Per Container: About 30

	Per Scoop		Per 2 Scoops	
	Amount	% Daily Value	Amount	% Daily Value
Calories	280		560	
Calories from Fat	40		80	
Total Fat	4g	6%**	8g	12%**
Saturated Fat	1g	5%**	2g	10%**
Polyunsaturated Fat	1g	†	2g	†
Monounsaturated Fat	1g	†	2g	†
Cholesterol	20mg	7%	40mg	14%
Total Carbohydrate	31g	10%**	62g	20%**
Dietary Fiber	3g	12%**	7g	28%**
Sugars	10g	†	21g	†
Protein	30g	60%**	60g	120%**
Calcium	476mg	50%	952mg	100%
Sodium	350mg	15%	700mg	30%
Potassium	125mg	4%	250mg	8%

**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, Natural and Artificial Flavor, Polydextrose, Sunflower-Base Creamer (Sunflower Oil, Maltodextrin, Micellar Casein, Soy Lecithin, Sodium Citrate, and Tri-Calcium Phosphate), Isomaltulose, 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), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Oat Bran, Ground Vanilla Bean, 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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