



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
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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

34g†
CARBS

300†
CALORIES

4.5g†
FIBER

<1g†
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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