

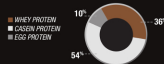


This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

\* 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.

#### PROTEIN CONTENT

- Whey protein isolate: 9g
- Micellar casein: 9g
- Milk protein isolate: 9g (7.2g casein, 1.8g whey)
- Egg albumin: 3g



#### CARB BLEND

- **LOW GLYCEMIC INDEX**
  - Pea Starch (11g)
  - Polydextrose (3g)
  - Inulinulose (2g)
  - Oat Fiber (.25g)
- **HIGH GLYCEMIC INDEX**
  - Dextrose (3g)
  - Creamer / Flavor System (10g)

Carb Content Graphs: Remaining carbohydrate content provided by protein sources.

# MASS JYM

**30G**  
PROTEIN

**30G**  
CARBS

**280**  
CALORIES

**4G**  
FIBER



**MASS GAINER**  
**31 SERVINGS**  
Dietary Supplement

NET WEIGHT 5 LBS. (2268g)



**S'MORES**  
Natural & Artificial Flavors

## Supplement Facts

Serving Size: 1 scoop (71.75g), 2 scoops (143.5g)  
Servings Per Container: (1 scoop) About 31

|                             | 1 Scoop |                | 2 Scoops |                |
|-----------------------------|---------|----------------|----------|----------------|
|                             | Amount  | % Daily Value* | Amount   | % Daily Value* |
| Calories                    | 280     |                | 560      |                |
| Calories from fat           | 35      |                | 70       |                |
| Total Fat                   | 4g      | 6%*            | 8g       | 12%*           |
| Saturated fat               | 0.5g    | 3%*            | 1g       | 5%*            |
| Cholesterol                 | 10mg    | 3%             | 20mg     | 7%             |
| Total carbohydrates         | 30g     | 10%*           | 60g      | 20%*           |
| Dietary fiber               | 4g      | 16%*           | 9g       | 36%*           |
| Sugars                      | 10g     | **             | 19g      | **             |
| Protein                     | 30g     | 60%*           | 60g      | 120%*          |
| Calcium                     | 500mg   | 50%            | 1000mg   | 100%           |
| Sodium (as sodium chloride) | 150mg   | 6%             | 300mg    | 13%            |
| Potassium                   | 320mg   | 9%             | 640mg    | 18%            |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Protein blend (Micellar casein, Milk protein isolate, Whey protein isolate, Egg albumin), Carb blend (Pea starch, Polydextrose, Dextrose, Isomaltulose, Oat fiber), Nondairy creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, tocopherols), Natural and artificial flavors, Dehydrated marshmallow bits (Sugar, corn syrup, modified cornstarch, gelatin, sodium hexametaphosphate, artificial flavor, natural flavor, artificial color (blue #1)), Cocoa powder (Dutch Process), Gum blend (Cellulosegum, Xanthan gum, Carrageenan), Sucralose, Acesulfame potassium, Lecithin, Silicon dioxide.

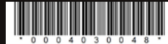
**ALLERGEN WARNING:** Contains MILK, EGGS and SOY and is produced in a facility that also processes PEANUTS and WHEAT.

**DIRECTIONS:** Mix each scoop of Mass JYM with 10oz. of cold water or the liquid of your choice. Consume throughout the day to increase your total calorie and protein intake. Mass JYM can be used pre or post workout, in between meals, in the morning or before bed to maximize muscle gains.

**WARNINGS:** Do not use as a sole source of nutrition. Keep out of reach of children. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing a baby, under 18 years of age, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). This product contains a chemical known to the State of California to cause cancer, birth defects, or other reproductive harm.



Distributed By: **Bodybuilding.com**  
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