

WORKS WITH BOTH...

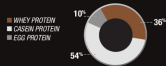


This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

* 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 (14.5g)
- Polydextrose (4g)
- Isomaltulose (2g)
- oat Fiber (.25g)

■ HIGH GLYCEMIC INDEX

- Dextrose (3g)
- Creamer / Flavor System (5.5g)

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

HIGH-QUALITY PROTEIN AND CARBOHYDRATE
BLEND FOR MAXIMAL MUSCLE GROWTH*

JYM

MASS **JYM**

30G
PROTEIN

30G
CARBS

280
CALORIES

4G
FIBER



MASS GAINER
31 SERVINGS
Dietary Supplement

NET WEIGHT 5 LBS. (2268g)

VANILLA
Natural & Artificial Flavors



Supplement Facts

Serving Size: 1 scoop (72.55g), 2 scoops (145.1g)
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	3%*
Cholesterol	10mg	3%	20mg	7%
Total carbohydrates	30g	10%*	60g	20%*
Dietary fiber	4g	16%*	8g	32%*
Sugars	7g	**	14g	**
Protein	30g	60%*	60g	120%*
Calcium	520mg	52%	1040mg	104%
Sodium	90mg	4%	180mg	8%
Potassium	220mg	6%	440mg	13%

*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), Mordant creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, tocopherols), Natural and artificial flavors, Gum blend (Cellulose gum, Xanthan gum, Carrageenan), Soybean Oil & Lecithin blend, Acesulfame potassium, Sucralose, 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.



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