Each scoop of Pro JYM delivers 24 grams of pure, quality protein. It's not made with cheap and inferior whey protein concentrate and/or caseinates like the majority of protein powders on the market today. Instead it uses only the highest-quality whey protein isolate, micellar casein, milk protein isolate, and egg white protein (egg albumin). The 24 grams of protein in each scoop of Pro JYM contains the following:

- Whey protein isolate: 7.5g
- Micellar casein: 7g
- Milk protein isolate: 7g (5.5g casein, 1.5g whey)
- Egg albumin: 2.5g

Since milk protein isolate is 20% whey protein and 80% micellar casein, the 7 grams of milk protein isolate are composed of 1.5 grams of whey and 5.5 grams of casein. This means that each scoop contains 9 grams of whey protein, 12.5 grams of micellar casein, and 2.5 grams of egg protein.

WORKS WITH BOTH...

JIM STORAGE'S 12-WEEK
SHORTCUT TO SHRED

JIM STORAGE'S 12-WEEK
SHORTCUT TO SIZE

HIGH-QUALITY PROTEIN BLEND FOR MAXIMAL MUSCLE GROWTH*

PRO JYM

7.5G WHEY PROTEIN ISOLATE | **7G** MICELLAR CASEIN | **7G** MILK PROTEIN ISOLATE | **2.5G** EGG WHITE PROTEIN

ENERGY · RECOVERY · GROWTH

PROTEIN
23 SERVINGS
Dietary Supplement

NET WEIGHT 2 LBS. (907g)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (38.7g)
Servings Per Container: About 23

Amount Per Serving		% Daily Value
Calories	160	
Calories From Fat	30	
Total Fat	3.5g	5%*
Saturated Fat	0.5g	3%*
Trans Fat	0g	†
Cholesterol	5mg	2%
Total Carbohydrate	7g	2%*
Dietary Fiber	1g	4%*
Sugars	2g	†
Protein	24g	48%*
Calcium	400mg	40%
Sodium	70mg	3%
Potassium	300mg	9%

* 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 albumin), Non-dairy creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, trisodium phosphate, soy lecithin, tocopherols), Cocoa powder (Dutch process), Natural and artificial flavors, Chocolate cookie bits (rice flour, sugar, tapioca starch, cocoa processed with alkali, palm oil, corn starch, salt, natural flavors, sodium bicarbonate, soy lecithin), Guar gum, Acesulfame potassium, Sucralose, 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 Pro JYM in 6 oz. of water for best taste and texture. Consume 1 scoop within 30 minutes before workouts, and 1 scoop within 30 minutes after workouts. Also consider taking 1 scoop when you first wake up each day and before going to bed for maximizing lean muscle mass gains. You can also consume 1 scoop between regular meals.

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.

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.

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