



MY GUARANTEE

My Pro JYM protein powder is made from high-quality isolated proteins designed to fuel your body and muscles and aid recovery over longer periods of time. Pro JYM's precise blend of whey protein isolate, micellar casein, milk protein isolate, and egg white protein (egg albumin) is the perfect complement to your fitness program.*

My commitment to quality and results through transparency is why the front of this package lists the amount of each protein in every scoop of Pro JYM. Whole proteins only, nothing hidden.



Jim Stoppani, PhD
Owner - JYM Supplement Science

FITNESS IS ABOUT CHANGE. JYM HELPS MAKES IT DRAMATIC.

At JYM Supplement Science® we pride ourselves on educating individuals on all things training, nutrition, and supplementation. If you want to go beyond "average" and achieve profound results, you've come to the right place.*

WHERE DO YOU WANT TO GO?

You're a part of something bigger now: The JYM ARMY®. With a support system unlike any other in the fitness world, you're now poised to transform your body to peak levels. To that end, we've created a series of goal-specific resources to equip you with the knowledge you need to tackle – and conquer – your loftiest goals.

Imagination is your only limitation. Head over to ProJYM.com/results to set your goals and see what training, nutrition, and supplementation guidance Dr. Jim Stoppani offers to help turn your dreams and desires into reality.

For questions regarding JYM products go to: [@JimStoppani](https://www.instagram.com/JimStoppani) or [@JimStoppaniPhD](https://www.facebook.com/JimStoppaniPhD), [JYMSupplementScience.com](https://www.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.

PROJYM®

24g[†]
PROTEIN

7.5g[†]
WHEY PROTEIN
ISOLATE

7g[†]
MICELLAR
CASEIN

7g[†]
MILK PROTEIN
ISOLATE

2.5g[†]
EGG WHITE
PROTEIN

ULTRA-PREMIUM PROTEIN BLEND



ROCKY ROAD
NATURAL & ARTIFICIAL FLAVORS

[†]PER SERVING | 44 SERVINGS
DIETARY SUPPLEMENT

NET WT.: 4.2 LBS (1910g)

Supplement Facts

Serving Size: 1 Scoop (43g)
Servings Per Container: About 44

	Amount per serving	% Daily Value
Calories	170	
Total Fat	4g	5%**
Saturated Fat	3.5g	18%**
Cholesterol	15mg	5%
Sodium	280mg	12%
Total Carbohydrate	8g	3%**
Dietary Fiber	1g	4%
Total Sugars	2g	†
Includes 0g Added Sugars		0%
Protein	24g	48%
Calcium	434mg	33%
Iron	1mg	6%
Potassium	269mg	6%

**The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value not established

INGREDIENTS: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg Protein), Coconut Based- Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- & Diglycerides, Tricalcium Phosphate), Cocoa Processed with Alkali, Mini Marshmallows (Sugar, Corn Syrup, Modified Cornstarch, Gelatin, Sodium Hexametaphosphate, Artificial Flavor, Natural Flavor, Artificial Color (Blue #1)), Cookie Pieces (Sugar, Tapioca Starch, Rice Flour, Cocoa Processed with Alkali, Palm Oil, Cornstarch, Natural Flavors, Salt, Sodium Bicarbonate, Soy Lecithin), Natural and Artificial Flavor, Sea Salt, Cellulose Gum, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Xanthan Gum.

Contains: SOY, MILK, AND EGG. Produced on shared equipment that also processes products that contain TREE NUTS and WHEAT ingredients.



MORNING



BEFORE / AFTER
WORKOUTS



BETWEEN
MEALS



NIGHT

DIRECTIONS: As a dietary supplement, mix one [1] scoop of Pro JYM™ in 6-12 oz. of water or milk depending on your preference for thickness and texture.

For better results, consume Pro JYM within 30 minutes before workouts and within 30 minutes after workouts. Also consider taking Pro JYM when you first wake up each day, between regular meals, or before going to bed to help maximize lean muscle mass 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.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

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.

DISTRIBUTED BY:
PHD Fitness, 31300 Via Colinas #101
Westlake Village, CA 91362 USA 1-888-557-7774

Made in the USA with domestic and international ingredients.



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