



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.

PRO JYM®

24g[†] PROTEIN

7.5g[†] WHEY PROTEIN ISOLATE

7g[†] MICELLAR CASEIN

7g[†] MILK PROTEIN ISOLATE

2.5g[†] EGG WHITE PROTEIN

ULTRA-PREMIUM PROTEIN BLEND



CHOCOLATE PEANUT BUTTER

NATURAL & ARTIFICIAL FLAVORS

[†]PER SERVING | 23 SERVINGS
DIETARY SUPPLEMENT

NET WT.: 2.06 LBS (33 OZ.) (934g)

Supplement Facts

Serving Size: 1 Scoop (41g)
Servings Per Container: About 23

	Amount per serving	% Daily Value
Calories	160	
Total Fat	4g	5%*
Saturated Fat	3.5g	18%*
Cholesterol	15mg	5%
Sodium	230mg	10%
Total Cholesterol	6g	2%*
Dietary Fiber	1g	4%
Protein	24g	48%
Calcium	435mg	33%
Iron	8mg	44%
Potassium	260mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg Protein), Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate), Cocoa Processed with Alkali, Gum Acacia, Sea Salt, Peanut Flour, Natural and Artificial Flavors, Cellulose Gum, Silicon Dioxide, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Xanthan Gum.

Contains: MILK, EGG, AND PEANUT. Produced on shared equipment that also processes products that contain SOY, 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, 31356 Via Colinas #112
Westlake Village, CA 91362 USA 1-888-557-7774

Made in the USA with domestic and international ingredients.



PRJ02 21178 101718 V1

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