



MY GUARANTEE

My Mass JYM™ formula is the first gainer to use a non-proprietary protein blend, a non-proprietary carbohydrate blend, and a non-proprietary fat blend. The 1:1 ratio of protein to carbs works to help optimize lean muscle mass gains while minimizing body fat gain.* Whether you use it as a meal supplement when on the go, or as a muscle gainer, you can be confident that every ingredient in this bottle was selected by me, as I design every JYM product for both myself and the rest of JYM Army.



Jim Stoppani, PhD
Owner - JYM Supplement Science

MACRONUTRIENTS AS A % OF CALORIES

- PROTEIN 31g
- CARBOHYDRATE 34g
- FAT 1g



GLYCEMIC INDEX, % OF INGREDIENTS

- LOW-GLYCEMIC 31g
- HIGH-GLYCEMIC 3g
- MEDIUM-GLYCEMIC 1g



PROTEIN

- TOTAL CARBONATE 31g
- WHEY PROTEIN ISOLATE 10g
- MICELLAR CASEIN 10g
- EGG WHITE PROTEIN 1g
- PEANUT BUTTER 1g
- PEANUT OIL 1g
- PEANUT BUTTER OIL 1g
- PEANUT BUTTER OIL 1g
- PEANUT BUTTER OIL 1g



FATTY ACIDS

- SATURATED FAT 31g
- MONOSATURATED FAT 3g
- POLYUNSATURATED FAT 1g



For questions regarding JYM products go to: @JimStoppani or @JimStoppaniPhD, JYMSupplementScience.com



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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.

MASS JYM

30g[†]
PROTEIN

34g[†]
CARBS

310[†]
CALORIES

4.5g[†]
FIBER

<7g[†]
LACTOSE

ULTRA-PREMIUM MASS GAINER



CHOCOLATE MOUSSE
NATURAL & ARTIFICIAL FLAVORS

PER SERVING | 28 SERVINGS
DIETARY SUPPLEMENT

NET WT.: 5 LBS (2.3kg)

Supplement Facts

Serving Size: 1 Scoop (81g)
Servings Per Container: About 28

Amount Per Serving	% Daily Value	
Calories	310	
Sodium	400mg	17%
Total Fat	6g	8%**
Saturated Fat	2g	10%**
Polyunsaturated Fat	2g	†
Monounsaturated Fat	2g	†
Cholesterol	20mg	7%
Total Carbohydrate	34g	12%**
Dietary Fiber	5g	18%**
Total Sugars	10g	†
Includes 7g Added Sugars		14%**
Protein	30g	60%**
Calcium	490mg	38%
Iron	1mg	6%
Potassium	300mg	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 White Protein), Pea Starch, Dextrose, Cocoa Powder Processed with Alkali, Sunflower-Based Creamer (Sunflower Oil, Maltodextrin, Micellar Casein, Soy Lecithin, Sodium Citrate, and Tricalcium Phosphate), Conjugated Linoleic Acid (Conjugated Linoleic Acid Triglycerides, Corn Syrup Solids, Sodium Caseinate, Silicon Dioxide, Dipotassium Phosphate, Antioxidants), Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate, Polydextrose, Isomaltulose, Natural and Artificial Flavors, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], Salt, Oat Bran, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

ALLERGEN WARNING: Contains EGG, MILK, and SOY. 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 scoop of MASS JYM™ with 10-12oz. of cold water or milk depending on your preference for thickness and texture. Use MASS JYM at any time of day - morning, between meals, before bed, before or after workouts - as a meal supplement, to increase your total protein and caloric intake, and help maximize muscle mass gains.*

WARNINGS: Do not use as a sole source of nutrition. Do not use if you are pregnant, nursing, under the age of 18, or if you have, or suspect you have, any medical conditions and/or are taking any prescription or over the counter medication(s). Discontinue use two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C (59-84°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.

Made in the USA with domestic and international ingredients.

DISTRIBUTED BY:

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