| MUSCLE GROWTH* | STRENGTH* | ENERGY* | ENDURANCE* | RECOVERY* |

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 or @JimStoppaniPhD, 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.: 2.0 LBS (32 OZ.) (902g)

Supplement Facts

Serving Size: 1 Scoop (39.2g)
Servings Per Container: About 23

	Amount per serving	% Daily Value
Calories	**160**	
Total Fat	3.5g	5%**
Saturated Fat	0.5g	3%**
Cholesterol	10mg	3%
Sodium	195mg	8%
Total Carbohydrate	5g	2%**
Dietary Fiber	2g	6%
Total Sugars	<1g	†
Includes 0g Added Sugars		0%
Protein	24g	48%
Calcium	440mg	34%
Iron	7mg	41%
Potassium	220mg	4%

**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], Sunflower Oil Powder, Cocoa Powder, Natural And Artificial Flavors, Sea Salt, Sodium Carboxymethylcellulose, Sucralose, Acesulfame Potassium, Xanthan Gum.

Contains: MILK, EGG, SOY AND PEANUT. 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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JYM SUPPLEMENT SCIENCE