



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 % OF CALORIES

- PROTEIN 30g
- CARBOHYDRATE 30g
- FAT 2.5g



- GLUCOSAMINE HCL 10g
- L-GLUTAMINE 10g
- HYDROLYZED WHEY 10g
- L-ALANINE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g



PROTEIN

- TOTAL GAINING PROTEIN 30g
- WHEY PROTEIN ISOLATE 10g
- MICELLAR CASEIN 10g
- EGG WHITE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g
- L-GLUTAMINE 10g



FATTY ACIDS

- MONOSATURATED 1g
- POLYUNSATURATED 1g
- SATURATED 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 quality 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

30g[†]
CARBS

270[†]
CALORIES

2.5g[†]
FIBER

<7g[†]
LACTOSE

ULTRA-PREMIUM MASS GAINER



APPLE FRITTER
NATURAL & ARTIFICIAL FLAVORS

PER SERVING | 31 SERVINGS
DIETARY SUPPLEMENT

NET WT.: 5 LBS (2.3kg)

Supplement Facts

Serving Size: 1 Scoop (73g)
Servings Per Container: About 31

Amount Per Serving	% Daily Value
Calories	270
Sodium	400mg 17%
Total Fat	3.5g 4%**
Saturated Fat	1g 5%**
Polyunsaturated Fat	1g †
Monounsaturated Fat	1g †
Cholesterol	20mg 7%
Total Carbohydrate	30g 11%**
Dietary Fiber	3g 11%**
Total Sugars	10g †
Includes 7g Added Sugars	14%**
Protein	30g 60%**
Calcium	480mg 37%
Potassium	145mg 3%

**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.



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, 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 (59-86°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.

Made in the USA with domestic and international ingredients.

DISTRIBUTED BY:
P65 Fitness, LLC, 31200 Via Colinas #101
Westlake Village, CA 91362 USA 1-800-557-7774



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