

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 Steppani, PhD
Owner - JYM Supplement Science.

FITNESS IS ABOUT CHANGE. JYM HELPS MAKE 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 Steppani offers to help turn your dreams and desires into reality.

For questions regarding JYM products go to: [Facebook](https://www.facebook.com/JimSteppani) @JimSteppani or [Instagram](https://www.instagram.com/JimSteppani) @JimSteppani or JYM@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



CHOCOLATE BROWNIE
NATURAL FLAVORS

*PER SERVING
DIETARY SUPPLEMENT

NET WT. 2 LBS (32 OZ) (907g)

Supplement Facts

Serving Size: 1 Scoop (44g)
Servings Per Container: About 21

	Amount per serving	% Daily Value
Calories	170	
Total Fat	3.5g	4%**
Saturated Fat	3g	15%**
Cholesterol	15mg	5%
Sodium	230mg	10%
Total Carbohydrate	10g	4%**
Protein	24g	48%
Calcium	430mg	33%
Iron	1.4mg	8%
Potassium	200mg	4%

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg White Protein), Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate), Cocoa Processed with Alkali, Organic Cane Sugar, Natural Flavors, Erythritol, Silicon Dioxide, Salt, Organic Reb A (from Stevia Leaf Extract), Xanthan Gum, Organic Luo Han Guo (Monk Fruit) Extract.

Contains: MILK and EGG.

Produced on shared equipment that also processes products that contain SOY and TREE NUTS 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.



JYM
MULTIPLY YOUR PROGRESS

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