



### 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 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](http://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](http://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®

## ULTRA-PREMIUM PROTEIN BLEND

24g<sup>†</sup>  
PROTEIN

7.5g<sup>†</sup>  
WHEY PROTEIN ISOLATE

7g<sup>†</sup>  
MICELLAR CASEIN

7g<sup>†</sup>  
MILK PROTEIN ISOLATE

2.5g<sup>†</sup>  
EGG WHITE PROTEIN



BANANA BREAD  
NATURAL & ARTIFICIAL FLAVORS

<sup>†</sup>PER SERVING  
DIETARY SUPPLEMENT

NET WT. 2.0 LBS (32 OZ) (907g)

### Supplement Facts

Serving Size: 1 Scoop (36g)  
Servings Per Container: About 25

	Amount per serving	% Daily Value
Calories	140	
Total Fat	3.5g	4%**
Saturated Fat	3g	15%**
Cholesterol	15mg	5%
Sodium	200mg	9%
Total Carbohydrate	4g	1%**
Total Sugars	1g	†
Protein	24g	48%**
Calcium	400mg	31%
Potassium	85mg	2%

\*\*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), Natural and Artificial Flavor, Silicon Dioxide, Salt, Sunflower Lecithin, Ground Cinnamon Powder, Xanthan Gum, Sucralose, Acesulfame Potassium.

Contains: MILK, 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](http://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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