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.*

Supplement Facts

Serving Size: 1 Scoop (43g)
Servings Per Container: About 45

	Amount per serving	% Daily Value
Calories	170	
Total Fat	4g	5%**
Saturated Fat	3.5g	18%**
Cholesterol	15mg	5%
Total Carbohydrate	8g	3%**
Dietary Fiber	1g	4%**
Total Sugars	2g	†
Protein	24g	48%**
Calcium	440mg	34%
Iron	1.2mg	7%
Sodium	230mg	10%
Potassium	240mg	5%

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

INGREDIENTS: Protein Blend [Whey Protein Isolate, MicelGar Casein, Milk Protein Isolate], Coconut Based Creamer [Coconut Oil, Maltodextrin, Food Starch, Mono- & Diglycerides, Tricalcium Phosphate], Cocoa Processed with Alkali, Mini Marshmallows [Sugar, Corn Syrup, Modified Cornstarch, Gelatin, Sodium Hexametaphosphate, Artificial Flavor, Natural Flavor, Artificial Color (Blue #1)], Cookie Pieces [Sugar, Tapioca Starch, Rice Flour, Cocoa Processed with Alkali, Palm Oil, Cornstarch, Natural Flavors, Salt, Sodium Bicarbonate, Soy Lecithin], Natural & Artificial Flavor, Sea Salt, Silicon Dioxide, Sunflower and/or Soy Lecithin, Cellulose Gum, Sucralose, Acesulfame Potassium, Xanthan Gum.

Contains: MILK, SOY

Produced on shared equipment that also processes products that contain EGG ingredients.

Contains Bioengineered Food Ingredients

DISTRIBUTED BY:
PMD Fitness, 31308 Via Colinas #101, Westlake Village, CA 91362 USA 1-888-557-7774

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.

*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.

JYM SUPPLEMENT SCIENCE®

MADE IN A GMP CERTIFIED FACILITY

MORNING | BEFORE / AFTER WORKOUTS | BETWEEN MEALS | NIGHT

Jim Stoppani, PhD
Owner - JYM Supplement Science

MY GUARANTEE

"My Pro JYM protein powder is made from high-quality isolated proteins designed to fuel your body and muscles and aid recovery.* Pro JYM's precise blend of whey protein isolate, micellar casein, and milk protein isolate 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."

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 Jim Stoppani, PhD offers to help turn your fitness dreams and desires into reality."

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

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.

Made in the USA with domestic and international ingredients.

THIS PACKAGE IS SOLD BY WEIGHT, NOT VOLUME. YOU CAN BE ASSURED OF PROPER WEIGHT EVEN THOUGH SOME SETTLING OF CONTENTS NORMALLY OCCURS DURING SHIPMENT AND HANDLING.

PRO JYM®

24g‡ PROTEIN

8.5g‡ WHEY PROTEIN ISOLATE

7.75g‡ MICELLAR CASEIN

7.75g‡ MILK PROTEIN ISOLATE

ULTRA-PREMIUM PROTEIN BLEND

ROCKY ROAD
NATURAL & ARTIFICIAL FLAVORS

‡PER SERVING

DIETARY SUPPLEMENT

NET WT. 4.3 LB (1.9kg)