MY PROMISE

My Pro JYM protein powder is made from the highest-quality sources of protein. That's why I list the precise amount of each type of protein that is in every scoop of Pro JYM. Research confirms that the best gains in lean muscle mass are achieved with a protein blend that includes a fast-digesting protein (whey protein), a moderate-digesting protein (egg protein) and a slow-digesting protein (casein protein). These are the three protein sources that make up my Pro JYM protein blend. I optimized the amount of each one to maximize my own results as well as yours.

Jim Stoppani, PhD
Owner – JYM Supplement Science

www.JYMSupplementScience.com

For questions regarding JYM products, visit Twitter @JimStoppani and use #JYM

HIGH-QUALITY PROTEIN BLEND FOR MAXIMAL MUSCLE GROWTH*

JYM SUPPLEMENT SCIENCE

PRO JYM

Each scoop of Pro JYM delivers 24 grams of pure, quality protein. It's not made with cheap ad inferior whey protein concentrate and/or caseinates like the majority of protein powders on the market. Instead, I used only the highest-quality whey protein isolate, micellar casein, milk protein isolate, and egg white protein egg albumin. The 24 grams of protein in each scoop of Pro JYM contains the following:

- Whey protein isolate: 7.5g
- Micellar casein: 7g
- Milk protein isolate: 7g (5.5g casein, 1.5g whey)
- Egg albumin: 2.5g

■ WHEY PROTEIN
■ CASEIN PROTEIN
■ EGG PROTEIN

Since milk protein isolate is 22% whey protein and 80% micellar casein, the 7 grams of milk protein isolate are composed of 1.5 grams of whey and 5.5 grams of casein. This means that each scoop contains 9 grams of whey protein, 12.5 grams of micellar casein, and 2.5 grams of egg protein.

7.5G	7G	7G	2.5G
WHEY PROTEIN ISOLATE	MICELLAR CASEIN	MILK PROTEIN ISOLATE	EGG WHITE PROTEIN

DISCOVERY · ENERGY · GROWTH

PROTEIN 24 g
Dietary Supplement

NET WEIGHT 2 LBS. (907 g)

CHOCOLATE COOKIE CRUNCH
Mixture & Artificial Flavors

SUPPLEMENT FACTS

Serving Size: 1 Scoop (38.7g)
Servings Per Container: About 23

Amount Per Serving	% Daily Value
Calories	160
Calories From Fat	30
Total Fat	3.5g 5%*
Saturated Fat	0.5g 3%*
Trans Fat	0g †
Cholesterol	5mg 2%
Total Carbohydrate	7g 2%*
Dietary Fiber	1g 4%*
Sugars	2g †
Protein	24g 48%*
Calcium	480mg 40%
Sodium	70mg 3%
Potassium	360mg 9%

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

ALLERGEN WARNING: Contains MILK, EGGS and SOY and is produced in a facility that also processes PEANUTS and WHEAT.

DIRECTIONS: Mix each scoop of Pro JYM in 6 oz. of water for best taste and texture. Consume 1 scoop within 30 minutes before workouts, and 1 scoop within 30 minutes afterwards. Also, consider taking 1 scoop when you first wake up each day and before going to bed for outstanding lean muscle mass gains. You can also consume 1 scoop between regular meals.

***Note:** When mixing Chocolate Cookie Crunch be sure to remove the grate located near the lid of the shaker cup. This will allow for cookie pieces to mix freely throughout the shake and not get stuck in the shaker grate.*

WARNINGS: Do not use as a sole source of nutrition. Keep out of reach of children. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing a baby, under 18 years of age, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). This product contains a chemical known to the State of California to cause cancer, birth defects, or other reproductive harm.

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.

*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.

INGREDIENTS: Protein blend (Whey protein isolate, Micellar casein, Milk protein isolate, Egg albumen), Monstrous creamer (Sunflower oil, Maltodextrin, Sodium caseinate, Dipotassium phosphate, Tricalcium phosphate, Soy lecithin, Mono- and diglycerides, Tocopherols), Cocoa powder (Dutch process), Natural and artificial flavors, Chocolate cookie bits (rice flour, sugar, tapioca starch, cocoa processed with alkali, palm oil, corn starch, salt, natural flavors, sunflower lecithin, soy lecithin), Gum (guar, Acesulfame potassium, sucralose), Lecithin, Silicon dioxide.

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