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.

Jon Stoppani, PhD
Owner – JYM Supplement Science

www.JYMSupplementScience.com

For questions regarding JYM products, e-mail Twitter @JonStoppani and use #JYM

ENERGY PRO-BOTIC

SHORTCUT TO SHRED

GET STRONGER & MAINTAIN MUSCLE SIZE

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 and inferior whey protein concentrate and/or caseinates like the majority of protein powders on the market today. 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

Since milk protein isolate is 20% 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 WHEY PROTEIN ISOLATE | **7G** MICELLAR CASEIN | **7G** MILK PROTEIN ISOLATE | **2.5G** EGG WHITE PROTEIN

DISCOVERY | ENERGY | SMOOTH

COOKIES & CREAM
Artificial & Artificial Flavor

PROTEIN
26 Servings
Dietary Supplement

NET WEIGHT 2 LBS. (907g)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (34.6g)
Servings Per Container: About 26

Amount Per Serving	% Daily Value
Calories	140
Calories From Fat	25
Total Fat	2.5g 4%*
Saturated Fat	0.5g 3%*
Trans Fat	0g †
Cholesterol	10mg 3%
Total Carbohydrate	5g 2%*
Dietary Fiber	0g 0%*
Sugars	1g †
Protein	24g 48%*
Calcium	400mg 40%
Sodium	60mg 3%
Potassium	150mg 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 albumin], Isomalto-oligosaccharides (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, glycerin, maltodextrin, tricalcium phosphate, soy lecithin, tocopherols), Natural and artificial flavors, Gluten-free maltodextrin (Rice flour, Sugar, Canola oil with antioxidant), Sodium bicarbonate, Sucralose, Acesulfame potassium, Natural flavors, Salt, Sodium hexametaphosphate, Soy lecithin, Guar gum, Acesulfame potassium, Sucralose, Lecithin, Silicon dioxide.

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

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 after workouts. Also consider taking 1 scoop when you first wake up each day and before going to bed for maximizing lean muscle mass gains. You can also consume 1 scoop between regular meals.

WARNINGS: Do not use as a sole source of nutrition. Keep out of reach of children. Consult 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 conditions 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.

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