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

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

RECOVERY | ENERGY | GROWTH

S'MORES
Natural & Artificial Flavors

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. Pro JYM contains 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 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.

PROTEIN 24 GRAMS
Dietary Supplement

NET WEIGHT 2 LBS. (907 g)

SUPPLEMENT FACTS

Serving Size: 1 Scoop (38.5g)
Servings Per Container: About 24

Amount Per Serving	% Daily Value
Calories	150
Calories From Fat	25
Total Fat	2.5g 4%*
Saturated Fat	0.5g 3%*
Trans Fat	0g *
Cholesterol	10mg 3%
Total Carbohydrate	8g 3%*
Dietary Fiber	<1g <4%*
Sugars	3g *
Protein	24g 48%*
Calcium	400mg 40%
Sodium	60mg 3%
Potassium	220mg 6%

* 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), Rondomaly creamer (Sunflower oil, Corn syrup solids, Sodium caseinate, Mono- & diglycerides, Dipotassium phosphate, Natural & artificial flavors, Soy lecithin, Mixed tocopherols), Natural and artificial flavors, Dehydrated marshmallow mix (sugar, Corn syrup, Modified cornstarch, Gelatin, Sodium hexametaphosphate, Artificial flavor, Natural flavor, Artificial color (blue #1)), Cocoa powder (Dutch process, Sugar, Salt), Sucralose, Lecithin, Acesulfame potassium, Silicon dioxide.

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

***Note:** When mixing 5 scoops be sure to remove the grate located near the lid of the shaker cup. This will allow for marshmallows 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.

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