



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

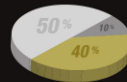
www.JYMSupplementScience.com

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

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

- 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.

HIGH-QUALITY PROTEIN BLEND FOR MAXIMAL MUSCLE GROWTH*

JYM
SUPPLEMENT SCIENCE

PRO JYM

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

PROTEIN
26 SERVINGS
Dietary Supplement

NET WEIGHT 2 LBS. (907g)

VANILLA
Natural & Artificial Flavors



SUPPLEMENT FACTS

Serving Size: 1 Scoop (34.5g)
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	5mg 2%
Total Carbohydrate	5g 2%*
Dietary Fiber	0g 0%*
Sugars	2g †
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), Nondairy creamer (Sunflower oil, Corn syrup solids, Sodium caseinate, Mono- and diglycerides, Dipotassium phosphate, Tricalcium phosphate, Soy lecithin, Tocopherols), Natural and artificial flavors, Guar gum, Acesulfame potassium, Sucralose, Lecithin and 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 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. 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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