



MY GUARANTEE

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

For questions regarding JYM products go to: [@JimStoppani](#) or [@DrJimStoppani](#)
JYMSupplementScience.com
© 2016 JYM Supplement Science®. All rights reserved.

GET ONE MONTH OF FREE ACCESS
TO HUNDREDS OF JIM'S WORKOUTS VISIT [JIMSTOPPANI.COM/JYM-TRIAL](#)



For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to [JYMSupplementScience.com](#).

*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.

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.

DISTRIBUTED BY:
PHD Fitness, 31356 Via Colinas #112
Westlake Village, CA 91362 USA 1-888-557-7774

Made in the USA with domestic and international ingredients.

PRO

MUSCLE GROWTH* | STRENGTH* | ENERGY* | ENDURANCE* | RECOVERY*†



7.5g[†]
WHEY PROTEIN
ISOLATE

7g[†]
MICELLAR
CASEIN

7g[†]
MILK PROTEIN
ISOLATE

2.5g[†]
EGG WHITE
PROTEIN

TAHITIAN
VANILLA BEAN
NATURAL & ARTIFICIAL FLAVORS



PROTEIN | 26 SERVINGS | [†]PER SERVING

THE ONLY PROTEIN POWDER BLEND FORMULATED AND USED BY DR. JIM STOPPANI

DIETARY SUPPLEMENT

NET WEIGHT: 2 LBS. (32 OZ.) (907g)

Supplement Facts

Serving Size: 1 Scoop (35g)
Servings Per Container: About 26

Amount Per Serving	% Daily Value
Calories	140
Calories From Fat	25
Total Fat	3g 5%**
Cholesterol	15mg 5%
Total Carbohydrate	4g 1%**
Dietary Fiber	1g 4%**
Sugars	1g †
Protein	24g 48%**
Calcium	324mg 32%
Sodium	220mg 9%
Potassium	95mg 3%

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

INGREDIENTS: Protein Blend (Micellar Casein, Milk Protein Isolate, Whey Protein Isolate, Egg Protein), Clean Cream™ Creamer (High Oleic Sunflower Oil, Acacia Gum, Brown Rice Syrup, Natural Flavors, Silicon Dioxide, Sunflower Lecithin, D Alpha Tocopherols), Natural Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Sunflower Lecithin, Vanilla Bean Particulates, Sucralose, Acesulfame Potassium, Silicon Dioxide.

ALLERGEN WARNING: Contains EGG and MILK. Produced on shared equipment that also processes products that contain SOY, TREE NUTS, and WHEAT ingredients.

DIRECTIONS: As a Dietary Supplement mix each scoop of Pro JYM™ in 6-12 oz. of water or milk depending on your preference for thickness and texture. Consume 1-2 scoops within 30 minutes before workouts, and 1-2 scoops within 30 minutes after workouts. Also consider taking 1-2 scoops when you first wake up each day and before going to bed for maximizing lean muscle mass gains. You can also consume 1-2 scoops between regular meals.

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.

PROP 65 WARNING: This product contains a chemical known to the State of California to cause cancer, birth defects or other reproductive harm.

PRO JYM PROTEIN DETAILS: 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 use 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.

CLEAN
CREAM.

Clean Cream™ is a trademark under exclusive global distribution by Compound Solutions, Inc.



8 17047 02031 7
PRJ02VA 20317 122016 V3