



MY GUARANTEE

My Mass JYM™ formula is the first gainer to use a non-proprietary protein blend, a non-proprietary carbohydrate blend, and a non-proprietary fat blend. The 1:1 ratio of protein to carbs works to help optimize lean muscle mass gains while minimizing body fat gain.* Whether you use it as a meal supplement when on the go, or as a muscle gainer, you can be confident that every ingredient in this bottle was selected by me, as I design every JYM product for both myself and the rest of JYM Army.



Jim Stoppani, PhD
Owner - JYM Supplement Science

MACRONUTRIENTS AS % OF CALORIES:

- PROTEIN 30g
- CARBOHYDRATES 32g
- FAT 3.5g



GLYCEMIC INDEX (GI) OF INGREDIENTS[†]

- LOW-GLYCEMIC 53g
- HIGH-GLYCEMIC 18g

[†] FLAVOR SYSTEM NOT INCLUDED



PROTEIN:

- TOTAL CASEIN PROTEIN 15g FROM MICELLAR CASEIN & MILK PROTEIN ISOLATE
- TOTAL WHEY PROTEIN 12g FROM WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE & MICELLAR CASEIN
- EGG WHITE PROTEIN 3g

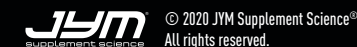


FATTY ACIDS:

- SATURATED FAT 1g
- MONOUNSATURATED FAT 1g
- POLYUNSATURATED FAT 1g



For questions regarding JYM products go to: [@JimStoppani](#) or [@JimStoppaniPhD, JYMSupplementScience.com](#)



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.

MASS JYM[®]

ULTRA-PREMIUM MASS GAINER

30g[†]
PROTEIN

32g[†]
CARBS

280[†]
CALORIES

3g[†]
FIBER

< 1g[†]
LACTOSE



TAHITIAN VANILLA BEAN
NATURAL & ARTIFICIAL FLAVORS

[†]PER SERVING | 30 SERVINGS
DIETARY SUPPLEMENT

NET WT.: 5 LBS (2.3kg)

Supplement Facts

Serving Size: 1 Scoop (74g)
Servings Per Container: About 30

Amount Per Serving		% Daily Value
Calories	280	
Sodium	360mg	16%
Total Fat	3.5g	4%**
Saturated Fat	1g	5%**
Polyunsaturated Fat	1g	†
Monounsaturated Fat	1g	†
Cholesterol	20mg	7%
Total Carbohydrate	32g	12%**
Dietary Fiber	3g	11%**
Total Sugars	10g	†
Includes 7g Added Sugars		14%**
Protein	30g	60%**
Calcium	460mg	35%
Potassium	140mg	3%

**The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Daily Value not established.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg White Protein), Pea Starch, Dextrose, Natural and Artificial Flavor, Polydextrose, Sunflower-Base Creamer (Sunflower Oil, Maltodextrin, Micellar Casein, Soy Lecithin, Sodium Citrate, Tricalcium Phosphate), Isomaltulose, Conjugated Linoleic Acid (Conjugated Linoleic Acid Triglycerides, Corn Syrup Solids, Sodium Caseinate, Silicon Dioxide, Dipotassium Phosphate, Antioxidants), Coconut-Based Creamer (Coconut Oil, Maltodextrin, Food Starch, Mono- and Diglycerides, Tricalcium Phosphate), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Oat Bran, Ground Vanilla Bean, Sunflower Lecithin, Sucralose, Acesulfame Potassium, Silicon Dioxide.

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



DIRECTIONS: As a Dietary Supplement, mix one scoop of MASS JYM™ with 10-12oz. of cold water or milk depending on your preference for thickness and texture. Use MASS JYM at any time of day - morning, between meals, before bed, before or after workouts - as a meal supplement, to increase your total protein and caloric intake, and help maximize muscle mass gains.*

WARNINGS: Do not use as a sole source of nutrition. Do not use if you are pregnant, nursing, under the age of 18, or if you have, or suspect you have, any medical conditions and/or are taking any prescription or over the counter medication(s). Discontinue use two weeks prior to surgery.

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.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

Made in the USA with domestic and international ingredients.

DISTRIBUTED BY:
PHD Fitness, LLC, 31300 Via Colinas #101
Westlake Village, CA 91362 USA 1-888-557-7774



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