



**MY GUARANTEE**

Whatever your reason for choosing a plant-based protein powder, I'm confident that Plant JYM will deliver the taste and results you're craving. It's the smoothest, most delicious plant-based protein powder you've ever tried. Plus, Plant JYM's protein blend optimizes levels of the amino acids that are typically lacking in plant-based protein sources to help support muscle recovery, strength, and growth.\* This is the plant-based protein powder for serious athletes like you and me.



Jim Stoppani, PhD  
Owner - JYM Supplement Science

**TYPICAL AMINO ACID PROFILE (Per Serving)**

BCAAs			
Leucine <sup>§</sup>	2.5g	Histidine <sup>§</sup>	0.7g
Isoleucine <sup>§</sup>	1.3g	Lysine <sup>§</sup>	1.8g
Valine <sup>§</sup>	1.3g	Methionine <sup>†</sup>	0.5g
Alanine	0.9g	Phenylalanine <sup>†</sup>	1.4g
Arginine	2.2g	Proline <sup>†</sup>	1.1g
Aspartic Acid	2.9g	Serine <sup>†</sup>	1.2g
Cysteine	0.3g	Threonine <sup>†</sup>	0.9g
Glutamic Acid	4.4g	Tryptophan <sup>†</sup>	0.3g
Glycine	1.0g	Tyrosine	1.0g

<sup>§</sup> Essential Amino Acids    <sup>†</sup> Naturally occurring with additional free-form added

For questions regarding JYM products go to: @JimStoppani or @JimStoppaniPhD, 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.

# PLANT JYM<sup>®</sup>

**24g<sup>†</sup>**  
PROTEIN

**5g<sup>†</sup>**  
BCAAs

**5g<sup>†</sup>**  
CARBS

**0g<sup>†</sup>**  
SUGAR

## COMPLETE PLANT PROTEIN



<sup>†</sup>PER SERVING  
DIETARY SUPPLEMENT

NET WT. 2.0 LBS (32 OZ) (907g)

### Supplement Facts

Serving Size: 1 Scoop (38g)  
Servings Per Container: About 24

	Amount per serving	% Daily Value
Calories	140	
Total Fat	2.5g	3%**
Sodium	440mg	19%
Total Carbohydrate	5g	2%**
Dietary Fiber	1g	4%
Protein	24g	48%
Calcium	30mg	2%
Iron	5mg	30%
Potassium	250mg	6%

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
<sup>†</sup> Daily Value not established

**INGREDIENTS:** Plant Protein Blend (Pea Protein Isolate, Rice Protein Isolate), Natural Flavors, L-Leucine, L-Methionine, MCT Oil Powder (Medium Chain Triglycerides, Acacia Gum), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), L-Valine, L-Isoleucine, Silicon Dioxide, Salt, Sucralose, Acesulfame Potassium, Sunflower Lecithin.

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



MORNING



BEFORE / AFTER WORKOUTS



BETWEEN MEALS



NIGHT

**DIRECTIONS:** As a dietary supplement mix one (1) scoop of Plant JYM in 4-12 oz. of water depending on your preference for thickness and texture.

For better results consume Plant JYM within 30 minutes before workouts and within 30 minutes after workouts. Also consider taking Plant JYM when you first wake up each day, between regular meals, or before going to bed to help maximize lean muscle mass gains.\*

**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 in a cool, dry place. Do not purchase if seal is broken or missing.

**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](http://www.P65Warnings.ca.gov/food).

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, 31300 Via Colinas #101  
Westlake Village, CA 91362 USA 1-888-557-7774

Made in the USA with domestic and international ingredients.



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