

# Mass JYM: The New Weight Gainer from the PhD!

written by Mike Roberto | June 6, 2015

**WARNING:** Before reading this article, it is recommended that you first read the latest news and drama regarding this brand, under our article titled the **Jim Stoppani Scandal**.



Mass JYM – Jim Stoppani’s mass gainer debut!

We always pause and take notice when Jim Stoppani announces a new product.

He’s one of the many figures in the supplement industry that claim to be the “real deal” both in terms of bodybuilding and fitness career, where he’s worked as the personal health and nutrition consultant for “The Rock” among other notables, and in terms of formal education, where he holds a post-doctorate degree in Cellular and Molecular Physiology from the Yale University School of Medicine.

If you’re interested, we’ve covered most of the products in his JYM line previously, including the top-selling Pre-JYM (which is very high up on our list of best pre workouts), and we’ve consistently found them to be standouts in their respective categories. The one major thing that’s been missing from his product lineup is a *weight gainer*, however, and now **Mass JYM** is set to fill that hole.

Before we delve into the details of this new product, take a sec to sign up for price alerts on the JYM line below. This is definitely a brand worth watching!

## JYM Mass JYM – Deals and Price Drop Alerts

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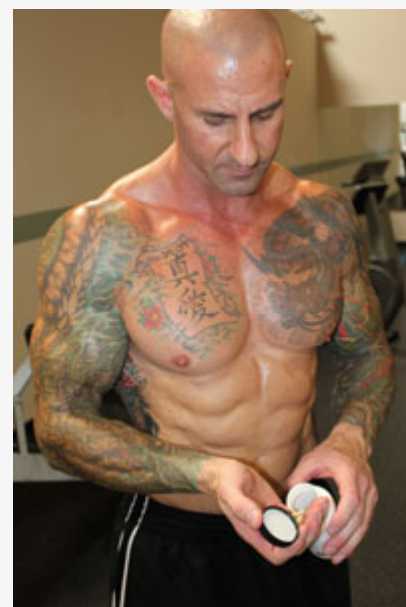
## No Half-Measures From JYM!

Jim says he formulated this mass gainer because he wasn't happy with any of the other products on the market. And he's got a point – while there's some good ones here and there, most are loaded with cheap sugar and maltodextrin just to maximize profits. Maltodextrin actually spikes blood sugar in the same way that refined sugar does, even though products containing it can be listed as sugar-free![1]

Mass JYM was originally given a May release date, but there appears to have been some sort of monkey wrench in the works as a label hasn't even been released yet. But we do know it will use the Pro JYM protein formulation. This is a blend of whey protein isolate, micellar casein, milk protein isolate and egg albumen. It's currently available in four flavors: chocolate cookie crunch, cookies & cream, s'mores and vanilla.

Best of all, Pro JYM is 100% open formula, so you know *exactly* what you're getting. We assume the same will be for Mass JYM (and would in fact be disappointed if it weren't!)

## Flavor Profile



Jim Stoppani, creator of JYM Supplement Science supplements

Jim also posted up a homemade weight gainer recipe on his personal page a few months ago for people to use while waiting for Mass JYM to come out. It's a

pretty basic mix of his protein powder with oats, whole milk, peanut butter and a medium banana... we assume Jim is taking a similar approach of keeping it simple and effective with the Mass JYM formulation.

Some sort of peanut butter and banana flavor would be natural, of course, but we're curious to see if Mass JYM incorporates the chocolate flavors that were devised for Pro JYM.

## Get It At [Bodybuilding.com](https://www.bodybuilding.com)

As with the other JYM products, this is expected to be a [Bodybuilding.com](https://www.bodybuilding.com) exclusive (an arrangement that Jim says enables him to keep the price down). Sign up below, and you'll not only get notified when we have more info on the ingredients, but you can also get notifications of sales and other price drops when it finally comes out!

The links above go to our [Bodybuilding.com](https://www.bodybuilding.com) coupons page. Occasionally we get insanely awesome coupons with them that work with JYM's stuff, so stay tuned to them!

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Dr. Stoppani strikes again!

## References

1. LiveStrong; "Health Effects of Maltodextrin"