

# Pro JYM Protein Powder. Can Jim Stoppani Redeem Himself?

written by Mike Roberto | July 5, 2014

**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**.



Pro JYM is out! Click the image to sign up for price alerts and see the best price!

2014 has been the year of Stoppani, and the good Doctor's fans have yet another reason to celebrate:

Jim Stoppani's **Pro JYM** protein powder has been released!

This release comes with perfect timing, since the recent amino acid spiking scandals and subsequent class-action lawsuits are leaving consumers with less and less *100% trusted* options for protein powders that have legitamate amounts of *dietary* protein, as claimed on their labels.

While we haven't yet seen any lab results from Pro JYM proving otherwise, we trust the brands created by Bodybuilding.com, and this seems to be one of them. In the time since first writing this article, however, some of Jim's credibility

with the industry has unfortunately come into question, due to the events described in the Jim Stoppani Scandal article linked above.

The ingredients are below, but first, the PricePLOW listings and alerts:

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Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

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*Update: Pro JYM has sadly been removed from our Best / Top 10 Protein Powder chart.*

## The Pro Jym Ingredients

SUPPLEMENT FACTS		
Serving Size: 1 Scoop (34.5g) Servings Per Container: About 53		
Amount Per Serving	% Daily Value	
Calories	140	
Calories From Fat	25	
<b>Total Fat</b>	2.5g	4%*
Saturated Fat	0.5g	3%*
Trans Fat	0g	†
<b>Cholesterol</b>	5mg	2%
<b>Total Carbohydrate</b>	5g	2%*
Dietary Fiber	0g	0%*
Sugars	2g	†
<b>Protein</b>	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.		
<b>INGREDIENTS:</b> 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.		
The Pro Jym Ingredients		

Pro Jym is simultaneously both “clean” and “dirty” at the same time, and we think it will make a best-of-both-worlds combination of taste *and* protein quality.

Allow us to explain:

- **The “Clean”**

It's *clean* because there is going to be a very low amount of lactose in this product, if any:

*Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate, Egg Albumen)*

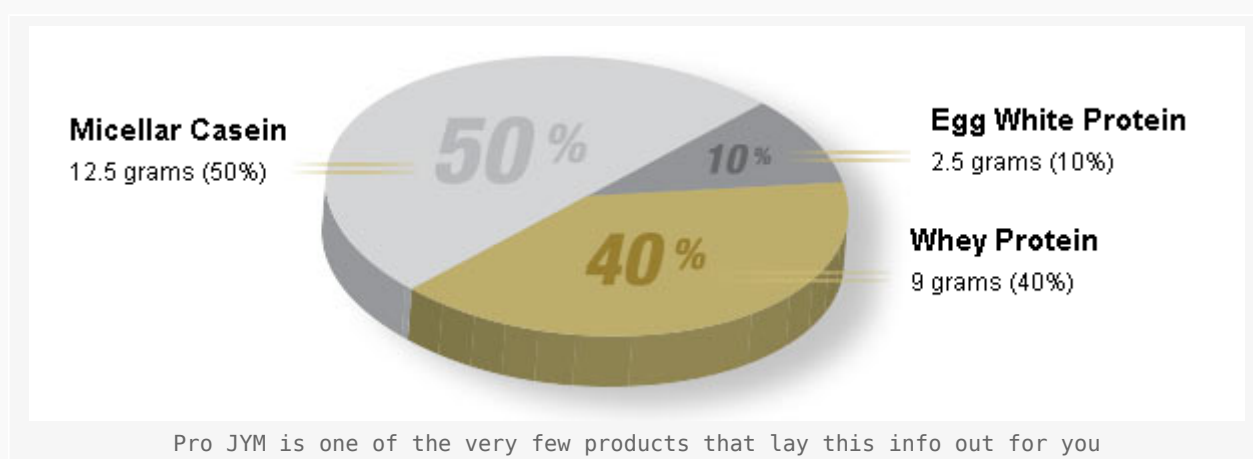
This makes it clean because there's none of the cheaper *whey concentrate* in here, which would provide more lactose. Whey concentrate based products give more side effects to users who have any lactose intolerances/sensitivities. But that won't be much of a case with Pro Jym.

We also love that the label breaks down the exact ratio:

- **Whey Protein Isolate:** 7.5g
- **Micellar Casein:** 7g
- **Egg Albumin:** 2.5g
- **Milk Protein Isolate:** 7g (5.5g Casein, 1.5g Whey)

So that leaves you with the following ratios:

- **Micellar Casein:** 12.5g (50%)
- **Whey Protein:** 9g (40%)
- **Egg White Protein:** 2.5g (10%)



Jym is one of the rare few product lines to give the specific breakdown of each protein inside. We now know that whey protein isolate is not pixie dusted like it is in several other mixed products, and the balance between this and the casein will be quite nice.

## What's this mean?

A couple of things:

### 1. **Amazing taste and texture expected**

The industry is trending in this direction of mixed protein powders. *Milk* protein isolate contains mostly casein, so it's probably going to be rich, thick, and taste really good.

However, too much casein is *too* thick, and whey protein has a better amino acid ratio – so Stoppani is wisely balancing things out here.

With the added fats (discussed below), we've got to believe this is going to be one incredible-mixing protein.

### 2. **Phenomenal muscle growth potential**

The whole whey vs. casein debate can be argued until we're blue in the face, but there is research that points to *both* of them used together actually being the most beneficial![1,2]

At the end of the day, both are good for separate reasons (as is egg, which some consider "nature's perfect protein"), so why not have them all? And with Pro Jym, that's what you get.

When it comes to the whole "whey vs. casein" battle, realize that they're not mutually exclusive, and "both" is very potentially the best answer!

One note: if you have a casein allergy, you know *full* well to stay away from this one!



Hi, I'm Jim, I'm a PhD veteran in the industry, and now I make awesome supplements

## • The “Dirty”

Pro Jym is also “dirty” because there are a lot of extra ingredients in the form of creamers and thickening agents:

*Nondairy Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- And Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols). Guar gum, Lecithin, and Silicon Dioxide are also on the label.*

As mentioned above, these ingredients will likely provide some downright amazing texture, especially when mixed with the milk protein isolate. But it does seem like a greater than average number of thickeners/emulsifiers.

Depending on our diets, most of us don't really care, especially if it gets us closer to achieving our daily protein macros.

Also note that if you get flavors like S'Mores, there's also some extra stuff like marshmallow bits, as shown on the label. To that, we salute Dr. Stoppani – marshmallow bits rock!

## Macronutrient Breakdown

- **Calories:** 140 (25 calories from fat)
- **Protein:** 24g (breakdown shown above)

- **Fat:** 2.5g (0.5g saturated)
- **Carbohydrates:** 5-8g (average 2g sugar but check your desired flavor)
- **Fiber:** 0-1g, depending on flavor

## **Sweeteners**

In terms of sweeteners, you have the mix of acesulfame potassium (also known as "Ace-K") followed by sucralose (Splenda is made from sucralose).

We like these sweeteners, and we like them best in this order too, so it seems like Jim's tastes align with ours.

## **Jim's video on amino acid spiking**







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**  
**53 SERVINGS**  
Dietary Supplement

NET WEIGHT 4 LBS. (1814g)

**VANILLA**  
Natural & Artificial Flavors



**SUPPLEMENT FACTS**

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**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).

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Los Angeles, CA 90069-4507 USA  
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JYM114 0603V8

**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](http://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 albumen). 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 albumen: 2.5g

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.



WORKS WITH BOTH...

JIM STOPPANI'S 6-WEEK  
**SHORTCUT TO SHRED**



JIM STOPPANI'S 12-WEEK  
**SHORTCUT TO SIZE**



\* 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.



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## References

1. *Coingestion of whey protein and casein in a mixed meal: demonstration of a more sustained anabolic effect of casein*
2. *Protein blend ingestion following resistance exercise promotes human muscle protein synthesis*