



MY PROMISE

Dextrose is a highly effective and cost-efficient post workout carbohydrate. Research supports that it aids in replenishing muscle glycogen levels and optimizes the uptake of creatine and carnitine by the muscle fibers*. This is why Post JYM Fast-Digesting Carb (Dextrose) is the perfect combination to Post JYM Active Ingredient Matrix. When taken together, Post JYM system of active ingredients and fast carbs optimizes recovery from workouts and building muscle mass & strength*. Plus the delicious taste of Post JYM makes it a supplement you will look forward to drinking after every workout. I know that I do!

Hi the JYM!



Jim Stoppani, PhD
Owner - JYM Supplement Science - www.JYMSupplementScience.com

For questions regarding JYM products visit JYM.com or call 800-426-0000

WORK WITH BOTH

JYM STOPPANI'S SWEET
**SHORTCUT TO
SHRED**



JYM STOPPANI'S POWER
**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 quality and proper labeling of dietary supplements.

FAST-DIGESTING CARBS TO ENHANCE RECOVERY AFTER EXERCISE*

JYM
SUPPLEMENT SCIENCE

POST
JYM

FAST-DIGESTING CARB (DEXTROSE)



30 SERVINGS
POST WORKOUT

NET WEIGHT 2.2 LBS. (990g)

WATERMELON
Natural & Artificial Flavor
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (33g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	120	
Total Carbohydrate	30g	10%*
Sugars	29g	†
Dextrose	32g	†

* Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value not established

OTHER INGREDIENTS: Malic acid, Calcium silicate, Natural and artificial flavors, Sucralose, FD&C Red #40 Lake.

ALLERGEN WARNING: Produced in a facility that also processes PEANUTS, EGGS, WHEAT, SOY and MILK.

DIRECTIONS:

Mix 1 scoop of Post JYM Fast-Digesting Carb along with 1 scoop of Post JYM Active Ingredients Matrix into 16-32 oz. water within 30 minutes after workouts. For endurance athletes, mixing one to two scoops of Post JYM Fast-Digesting Carb, with or without Post JYM Active Ingredients Matrix, in water, can be used to sip on during prolonged exercise for energy and hydration.

WARNINGS:

Check with a qualified healthcare professional before taking this product. Do not use if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. KEEP OUT OF REACH OF CHILDREN. This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

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