



MY PROMISE

Inside this bottle is decades of supplement research — from the lab and the gym. As a scientist, I have spent years researching ingredients that will produce results. As a gym rat, I have spent years benefiting from that research. Now it's your turn. Every ingredient in this formula is in a dose used in clinical studies and my own gym to produce significant gains in size, strength and endurance. I know it works because this is what I take before every one of my workouts. Let it work for you. Hit the JYM.



Jim Stoppani, PhD

Owner • JYM Supplement Science

For questions regarding JYM products visit, Twitter @JimStoppani and use #JYM

added with each...

JYM SCIENCE PARTS, BLIND LID

SHORTCUT TO SHRED



JYM STOPPANI'S 10-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.

ONE OF THE WORLD'S MOST ADVANCED PRE-WORKOUT SUPPLEMENTS



PRE JYM

6G
SCIENCE

6G
EXTENDED RELEASE

2G
CREATINE HCL

2G
BETA-ALANINE

1.5G
BETAINES



PRE-WORKOUT
20 SERVINGS

NET WEIGHT 1.17LBS. (530g)

DIETARY SUPPLEMENT
CLASS PATENTED L. PROPANALDOL
Natural & Artificial Flavors



Supplement Facts

Serving Size: 1 Scoop (28.5g)

Servings Per Container: 20

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Calories	13	Beta vulgaris L.	
Total Carbohydrate	4g 7%*	(beet root extract)	500mg †
Sugars	2g †	L-Leucine	3g †
Sodium (as sodium chloride)	220mg 9%	L-Isoleucine	1.5g †
		L-Valine	1.5g †
Creatine hydrochloride	2g †	L-Tyrosine	1.5g †
CaroDym® Beta-Alanine	2g †	Caffeine anhydrous	300mg †
Betaine (Trimethylglycine)	1.5g †	Huperzine A	50mg †
Taurine	1g †	BioPerine®	5mg †
N-Acetyl L-Cysteine	600mg †	(Piper Nigrum Fruit Extract)	
Alpha-Glycerol			
Phosphoryl Choline (50%) 300mg	†		
Citulline Malate	6g †		

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

† Daily value not established

OTHER INGREDIENTS: Natural and artificial flavors, Dextrose, Calcium silicate, Sucralose, Acesulfame potassium and FD&C Blue #1.

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

DIRECTIONS:

Mix 1 scoop of Pre JYM in 1-4oz. of water and drink 30-45 minutes before workouts.

WARNINGS:

Check with a qualified healthcare professional before taking this product. Do not use if you are sensitive to caffeine, 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. Pre JYM is an incredibly strong pre-workout matrix that contains 300mg caffeine per serving, the equivalent of approximately 3 cups of coffee. Avoid using with any other caffeinated products. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Always begin use with 1/2 scoop or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 1 scoop. To avoid sleeplessness, do not consume within 6 hours of bedtime. This product contains chemicals known to the State of California to cause cancer and birth defects or reproductive harm. **KEEP OUT OF REACH OF CHILDREN.**

CaroDym® is patented for use in boosting muscle carnitine levels. Patent # 5,505,506, 5,172,305, 5,505,361, 5,580,294, 7,204,376, 7,020,084, and 5,129,422.

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers: 5,536,506, 5,744,161, 5,972,362, 6,084,585, EP0610868, JP0663513 and CA2340467.

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