



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 ingredients...

JYM IS COMPARED TO 4 WEEK

SHORTCUT TO SHRED



JYM IS COMPARED TO 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 cGMP-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
DIETARY

6G
DIETARY

2G
DIETARY

2G
DIETARY

1.5G
DIETARY



PRE-WORKOUT
20 SERVINGS

NET WEIGHT 1.17LBS. (530g)

DIETARY SUPPLEMENT
CREATINE BETA-ALANINE
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	15	Beta vulgaris L. (beet root extract)	500mg †
Total Carbohydrate	4g 15%*	L-Leucine	3g †
Sugars	2g †	L-Isoleucine	1.5g †
Sodium (as sodium chloride)	150mg 5%	L-Valine	1.5g †
Creatine hydrochloride	2g †	L-Tyrosine	1.5g †
CarboSyn® Beta-Alanine	2g †	Caffeine anhydrous	300mg †
Betaine (Trimethylglycine)	1.5g †	Huperzine A	50mcg †
Taurine	1g †	BioPerine®	5mg †
N-Acetyl L-Cysteine	600mg †	(Piper Nigrum Fruit Extract)	
Alpha-Glycerol Phosphoryl Choline (GPC) 300mg	†		
Citrulline Malate	6g †		

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

† Daily value not established

OTHER INGREDIENTS: Dextrose, Natural and artificial Flavors, Calcium Silicate, Sucralose, Citric Acid, Malic Acid, Acesulfame Potassium, and FD&C Yellow #5.

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

DIRECTIONS:

Mix 1 scoop of Pre-JYM in 14oz. 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.**

CarboSyn® is patented for use in boosting muscle carnosine levels. Patents: # 5,963,586, 6,172,001, 6,426,361, 6,680,094, 7,504,376, 7,825,084, and 8,129,422.

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers: 5,538,566, 5,744,161, 5,872,382, 6,054,585, EP0910868, JP2003013 and CA2247467.

Distributed By: **PHD Fitness**
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