



MY PROMISE

This product is designed to enhance fat loss when used in conjunction with a proper diet and training program, like Shortcut to Shred. The ingredients and doses I used in the Shred JYM formula are based on my long-standing recommendations. They have been shown in the lab and in the gym to truly promote fat loss. This is what I turn to when I'm looking to get shredded before a photo shoot. What will you do with it?

Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products, visit
Twitter @JimStoppani and use #JYM
www.jymsupplementscience.com

* 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.

SUPPORTS EFFECTIVE FAT LOSS*

JYM
SUPPLEMENT SCIENCE

SHRED **JYM**

500MG
GREEN TEA EXTRACT

1500MG
ACETYL-L-CARNITINE HCl

20MG
SYNEPHRINE



240 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 60

Amount Per Serving

Acetyl-L-carnitine HCl	1.5g †
L-Tyrosine	500mg †
Green tea leaf extract (98% polyphenols, 75% catechins, & 45% EGCG)	500mg †
Caffeine anhydrous	200mg †
Cayenne pepper fruit extract (Capsimax®)	50mg †
Synephrine (as <i>Citrus aurantium</i> unripe fruit extract) (Advantra Z®)	20mg †

† Daily Value not established

OTHER INGREDIENTS: Gelatin, Magnesium stearate, Rice flour, and Silica.

Distributed By: **PHD Fitness**
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DIRECTIONS: Shred JYM can be taken with or without food. Some people may have a sensitive stomach and will not tolerate green tea extract well on an empty stomach. If this is you, be sure to take Shred JYM with meals. Take 4 capsules 2-3 times per day. Take 1 serving first thing upon waking in the morning. If you are sensitive to caffeine, do not take within 6 hours of bedtime.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken. Check with a qualified health care 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. Avoid using with any other caffeinated products. Discontinue if you experience rapid heartbeat, dizziness, severe headache or shortness of breath. To avoid sleeplessness, do not consume within 6 hours of bedtime. This product contains a chemical known to the State of California to cause cancer, birth defects or other reproductive harm.

Capsimax®
CAPSICUM EXTRACT

Capsimax® is a trademark of OmniActive Health Technologies Ltd. Capsimax® Capsicum Extract (patent pending)



ADVANTRA Z®
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