



MY GUARANTEE

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 an amount 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 go to: [@JimStoppani](#) or [@DrJimStoppani](#) or [JYMSupplementScience.com](#)
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GET ONE MONTH OF FREE ACCESS
TO HUNDREDS OF JIM'S WORKOUTS VISIT [JIMSTOPPANI.COM/JYM-TRIAL](#)



For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to [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.

PRE MUSCLE GROWTH* | STRENGTH* | ENERGY* | ENDURANCE* | MIND**

JYM
supplement science

6g†
BCAAS

6g†
CITRULLINE
MALATE

2g†
CREATINE HCL

2g†
BETA-ALANINE

1.5g†
BETAINES

STRAWBERRY
KIWI
NATURAL & ARTIFICIAL
FLAVORS

20 SERVINGS | PRE-WORKOUT | †PER SERVING

DIETARY SUPPLEMENT

NET WEIGHT: 1.1 LBS. (520g)

Supplement Facts

Serving Size: 1 Scoop (26g)
Servings Per Container: About 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Beet (<i>Beta vulgaris</i> L.) Root Extract	500mg †
Total Carbohydrate	3g 1%**	L-Leucine	3g †
Sugars	2g †	L-Isoleucine	1.5g †
Calcium	45mg 5%	L-Valine	1.5g †
Sodium	10mg <1%	L-Tyrosine	1.5g †
Creatine Hydrochloride	2g †	Caffeine Anhydrous	300mg †
Beta-Alanine (as CarnoSyn®)	2g †	Huperzine A (<i>Huperzia serrata</i>) Extract	50mcg †
Betaine (Trimethylglycine)	1.5g †	Black Pepper (<i>Piper nigrum</i>) Fruit Extract (as BioPerine®)	5mg †
Taurine	1g †		
N-Acetyl L-Cysteine	600mg †		
Alpha-Glycerol Phosphoryl Choline (as AlphaSize®)	150mg †		
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, Sucralose, Acesulfame Potassium, Calcium Silicate, FD&C Red #40.

ALLERGEN WARNING: Produced on shared equipment that also produces products that may contain EGG, MILK, SOY, TREE NUTS, and WHEAT.

DISTRIBUTED BY: PHD Fitness, 31356 Via Colinas #112, Westlake Village, CA 91362 USA 1-888-557-7774

INFORMED-
SPORT
Trusted by sport

INFORMED-
CHOICE
Trusted by sport

DIRECTIONS: As a Dietary Supplement, mix 1 scoop of Pre JYM™ in 12-32 oz. of water and drink 30-45 minutes before workouts. Consider allowing Pre JYM to mix for 10-15 minutes before drinking. Also consider drinking it over the course of 15-30 minutes.

WARNINGS: Check with a qualified healthcare professional before taking this or any other dietary supplement. Do not use if you are sensitive to caffeine, pregnant or nursing, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications, as Pre JYM may enhance the absorption rate of some medications. Pre JYM is an incredibly strong pre-workout matrix that contains 300mg of caffeine per serving, the equivalent of approximately 3 cups of coffee. Avoid using with any other caffeinated product. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Always begin use with 1/2 scoop or less to assess your tolerance. Once tolerance is assessed, take maximum amount of 1 scoop. To avoid sleeplessness, do not consume within 6 hours of bedtime.

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.

PROP 65 WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.



AlphaSize® is a registered trademark of Chemi Nutra and is protected under U.S. Patent No. 5,315,023 and is a registered trademark of Chemi Nutra 5,433,833.

CarnoSyn
Carnosine Synthesizer

Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](#) and registered trademark CarnoSyn®.

BioPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585.



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