

THE ULTIMATE POST-WORKOUT FORMULA FOR RECOVERY AND GROWTH*

JYM

POST JYM

ACTIVE INGREDIENTS MATRIX



30 SERVINGS
POST WORKOUT

NET WEIGHT 1.3 LBS. (600g)

FRUIT PUNCH
Natural & Artificial Flavors
DIETARY SUPPLEMENT

WORKS WITH BCAA

JYM STOPPARD'S SWEET
SHORTCUT IS
SHRED

JYM STOPPARD'S SWEET
SHORTCUT IS
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.

Supplement Facts

Serving Size: 1 Scoop (20g)
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Taurine	1g †
Total Carbohydrate	2g 1%*	L-Leucine	3.6g †
Sodium (as sodium chloride)	95mg 4%	L-Isoleucine	1.2g †
L-Glutamine	3g †	L-Valine	1.2g †
Creatine hydrochloride	2g †	BioPerine® (Piper Nigrum Fruit Extract)	5.3mg †
Beta-Alanine (as CarnoSyn®)	2g †		
L-Carnitine L-Tartrate (as Carnipure™)	2g †		
Betaine (Trimethylglycine)	1.5g †		

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

† Daily Value not established

OTHER INGREDIENTS: Malic acid, Natural
and artificial flavors, Calcium silicate,
Sucralose, Citric acid, Soy oil and lecithin
blend, Acesulfame potassium, FD&C Red #40.

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

BioPerine® (Piper Nigrum Fruit Extract) is a patented ingredient
and registered trademark of Sabinsa Corporation. Patent numbers
5,536,566, 5,744,161, 5,972,362, 6,064,585, EP0810868,
JP0803513 and CA2247467.

Carnipure™ is a trademark of Lonza Ltd, Switzerland

DIRECTIONS: Mix 1 scoop of Post JYM active ingredients matrix into 16-32 oz.
water within 30 minutes after workouts. For optimal recovery, also include one
scoop of Post JYM fast-digesting carbs (dextrose).

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.

CarnoSyn
Carnosine Synthesizer

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



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