

FAST-DIGESTING CARBS TO ENHANCE RECOVERY AFTER EXERCISE*

JYM

WORKS WITH BOTH...

JIM STOPPANI'S 6-WEEK
**SHORTCUT TO
SHRED**



JIM STOPPANI'S 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 GMP-compliant
facility. Good Manufacturing Practices, or GMPs,
are a set of standards which ensure the purity
and proper labeling of dietary supplements.

POST
JYM

FAST-DIGESTING CARB (DEXTROSE)



30 SERVINGS
POST WORKOUT

NET WEIGHT 2.2 LBS. (990g)

FRUIT PUNCH
Natural & Artificial Flavors
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (33g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	120	
Total Carbohydrate	30g	10%*
Sugars	29g	†
Dextrose	32g	†

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

† Daily Value not established

OTHER INGREDIENTS: Malic acid, Calcium
silicate, Natural and artificial flavor, Sucralose,
FD&C Red #40 Lake, FD&C Red #40 .

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

DIRECTIONS:

Mix 1 scoop of Post JYM Fast-Digesting Carb along with 1 scoop of Post JYM Active Ingredients Matrix
into 16–32 oz. water within 30 minutes after workouts. For endurance athletes, mixing one to two
scoops of Post JYM Fast-Digesting Carb, with or without Post JYM Active Ingredients Matrix, in water,
can be used to sip on during prolonged exercise for energy and hydration.

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.



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