

ONE OF THE WORLD'S MOST ADVANCED PRE-WORKOUT SUPPLEMENTS*

JYM

PRE JYM

6G 6G 2G 2G 1.5G
BCAA CITRULLINE MALATE CREATINE HCL BETA-ALANINE BETAMAL



PRE-WORKOUT
30 SERVINGS

NET WEIGHT 1.75 LBS. (795g)

DIETARY SUPPLEMENT
ORANGE MANGO
Natural & Artificial Flavors

WORKS WITH BOTH...

JYM STORMAN'S 6-WEEK
SHORTCUT TO
SHRED



JYM STORMAN'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.

Supplement Facts

Serving Size: 1 Scoop (28.5g)

Servings Per Container: 30

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Calories	15	Beta vulgaris L. (beet root extract)	500mg †
Total Carbohydrate	4g 1%*	L-Leucine	3g †
Sugars	2g †	L-Isoleucine	1.5g †
Sodium (as sodium chloride)	130mg 5%	L-Valine	1.5g †
Creatine hydrochloride	2g †	L-Tyrosine	1.5g †
CarnoSyn® Beta-Alanine	2g †	Caffeine anhydrous	300mg †
Betaine (Trimethylglycine)	1.5g †	Hyperzine A (Hyperzin serate 1%)	50mcg †
Taurine	1g †	Bioperine® (Piper Nigrum Fruit Extract)	5mg †
N-Acetyl L-Cysteine	500mg †		
Alpha-Glycerol Phosphoryl Choline (Alpha GPC 50%)	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.



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

Bioperine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent
numbers 5,536,506, 5,744,161, 5,972,382, 6,054,565, EP0810996, JP2055513 and CA2247467.

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.



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4900 Engineers Way, Suite 107
N. Las Vegas, Nevada 89081



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