

THE ULTIMATE POST-WORKOUT FORMULA FOR RECOVERY AND GROWTH*

JYM

WORKS WITH BOTH

FOR STORING 6-WEEK

SHORTCUT 123

SHRED

FOR STORING 12-WEEK

SHORTCUT 123

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POST JYM

ACTIVE INGREDIENTS MATRIX

30 SERVINGS
POST WORKOUT

NET WEIGHT 1.3 LBS. (600g)

WATERMELON
Natural & Artificial Flavors
DIETARY SUPPLEMENT

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) 120mg	5%	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 †		

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: 5,536,506; 5,744,181; 5,972,382; 6,054,585; EP0810668; JP0955513 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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* 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.