

FAST-DIGESTING CARBS TO ENHANCE RECOVERY AFTER EXERCISE*

JYM

POST JYM

FAST-DIGESTING CARB (DEXTROSE)



30 SERVINGS
POST WORKOUT

NET WEIGHT 2.2 LBS. (990g)

WATERMELON
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	
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 flavors, Sucralose,
FD&C Red #40 Lake.

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.

WORKS WITH BOTH...



* 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.



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