

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

JYM

PRE JYM

6G 6G 2G 2G 1.5G
BETAIN CITRULLINE MALATE CREATINE HCL BETA-ALANINE BETAINE



DIETARY SUPPLEMENT
FLAVOR: PINEAPPLE LEMONADE
Natural & Artificial Flavors

PRE-WORKOUT
20 SERVINGS

NET WEIGHT 1.17LBS. (530g)

WORKS WITH BOTH...

JYM STOPPAGE 6-WEEK
SHORTCUT TO
SHRED



JYM STOPPAGE 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.

INFORMED-SPORT
Trusted by sport

INFORMED-CHOICE
Trusted by sport

Supplement Facts

Serving Size: 1 Scoop (26.5g)
Servings Per Container: 20

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	2g †
Sugars	2g †	L-Isoleucine	1.5g †
Sodium (as sodium chloride)	220mg 9%	L-Valine	1.5g †
Creatine hydrochloride	2g †	L-Tyrosine	1.5g †
CarnoSyn® Beta-Alanine	2g †	Caffeine anhydrous	300mg †
Betaine (Trimethylglycine)	1.5g †	Huperzine A (Huperzia serrata 1%)	50mcg †
Taurine	1g †	BioPerine® (Piper Nigrum Fruit Extract)	5mg †
N-Acetyl L-Cysteine	600mg †		
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: Natural and artificial flavors, Dextrose, Calcium silicate, Sucralose, Acesulfame potassium and FD&C Blue #1.

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

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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BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0810888, JP0953513 and CA2247467.



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