



MY GUARANTEE

I've taken the decades I've spent in school, the lab, the gym, and the kitchen and distilled them into the very product you hold in your hands. I formulated every JYM Supplement Science product to include the same ingredients at the exact amount I use to reap maximum performance and physique benefits. It's my hope that you, too, will experience similar results.*



Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: [@JimStoppani](#) or [@JimStoppaniPhD](#) or [JYMSupplementScience.com](#)
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GET ONE MONTH OF FREE ACCESS
TO HUNDREDS OF JIM'S WORKOUTS VISIT [JIMSTOPPANI.COM/JYM-TRIAL](#)



For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to [JYMSupplementScience.com](#).

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.

*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.

POST

MUSCLE GROWTH* | STRENGTH* | ENDURANCE* | RECOVERY***

JYM
supplement science

6g†
BCAAs

3g†
GLUTAMINE

2g†
CREATINE
HCL

2g†
BETA-ALANINE

2g†
L-CARNITINE
L-TARTRATE

1.5g†
BETAINE

MANDARIN
ORANGE
NATURAL & ARTIFICIAL
FLAVORS

30 SERVINGS | POST-WORKOUT | †PER SERVING

DIETARY SUPPLEMENT

NET WEIGHT: 20 OZ (1.25 LBS) (568g)

Supplement Facts

Serving Size: 1 Scoop (19g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	45	Betaine (Trimethylglycine)	1.5g †
Sodium	10mg <1%	Taurine	1g †
Total Carbohydrate	1g <1%**	L-Leucine	3.6g †
Total Sugars	1g	L-Isoleucine	1.2g †
Includes 1g Added Sugars	2%	L-Valine	1.2g †
Calcium	30mg 3%	Black Pepper (<i>Piper nigrum</i>)	5.3mg †
L-Glutamine	3g †	Fruit Extract (as BioPerine®)	†
Creatine HCl (as CON-CRET®)	2g †	** The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. † Daily Value not established	
Beta-Alanine (as CarnoSyn®)	2g †		
L-Carnitine L-Tartrate (as Carnipure®)	2g †		

OTHER INGREDIENTS: Natural and Artificial Flavors, Sucralose, Calcium Silicate, Citric Acid, Acesulfame Potassium, Malic Acid, FD&C Yellow #5, Caramel Color, FD&C Red #40.

ALLERGEN WARNING: Produced on shared equipment that also produces products that may contain EGG, MILK, SOY, TREE NUTS, and WHEAT.

DISTRIBUTED BY:
PHD Fitness, 31356 Via Colinas #112
Westlake Village, CA 91362 USA 1-888-557-7774
Made in USA with domestic and international ingredients

BIOPERINE®
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.

CON-CRET®
CON-CRET® is a registered trademark of Vireo Systems, Inc. Patents: [www.vireosystems.com/patents](#)

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

Carnipure®
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DIRECTIONS: As a Dietary Supplement, mix 1 scoop of Post JYM Active Ingredients Matrix™ into 16-32 oz. water, preferably within 30 minutes after workouts. Consider allowing to fully dissolve 10-15 minutes before drinking. Also consider drinking over the course of 15-30 minutes. For better results, consider using Pre JYM™ prior to workouts.

WARNINGS: DO NOT USE IF YOU ARE UNDER THE AGE OF 18, PREGNANT OR NURSING, HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, ARE TAKING ANY PRESCRIPTION OR OVER THE COUNTER MEDICATIONS. Consult with a qualified healthcare professional before using this or any other dietary supplement. Immediately discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](#).



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