



MY GUARANTEE

Dextrose is a highly effective and cost-efficient post-workout carbohydrate. Research supports that it aids in replenishing muscle glycogen levels and optimizes the uptake of creatine and carnitine by the muscle fibers.* This is why Post JYM Fast-Digesting Carb (Dextrose) and Post JYM Active Ingredient Matrix are the perfect combination. When taken together, the Post JYM system of active ingredients and fast carbs optimizes recovery from workouts and building muscle mass & strength.* Plus the delicious taste of Post JYM makes it a supplement you will look forward to drinking after every workout. I know that I do! Hit the JYM!



Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: [@JimStoppani](#) or [@DrJimStoppani](#)
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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](#).

*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.

POST

RECOVERY* | ENDURANCE* | ENERGY*



FAST-DIGESTING* CARB
(DEXTROSE)

RAINBOW
SHERBET
NATURAL & ARTIFICIAL FLAVORS

30 SERVINGS
POST-WORKOUT

DIETARY SUPPLEMENT

NET WEIGHT: 2.2 LBS (993g)

Supplement Facts

Serving Size: 1 Scoop (33g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	120	
Total Carbohydrate	30g	10%**
Sugars	29g	†
Calcium	30mg	3%
Sodium	5mg	<1%
Dextrose	32g	†

** Percent Daily Values are based on a 2,000-calorie diet.
† Daily Value not established

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

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

DIRECTIONS: As a Dietary Supplement, mix 1 scoop of Post JYM Fast-Digesting Carb™ into 16-32 oz. water, preferably within 30 minutes after workouts along with Post JYM Active Ingredients Matrix™. For endurance athletes, mixing one to two scoops of Post JYM Fast-Digesting Carb 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 or any other dietary supplement. Do not use if you are pregnant or nursing, 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.

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

PROP 65 WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

DISTRIBUTED BY:
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