



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](#)
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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.

PRE

MUSCLE GROWTH* | STRENGTH* | ENERGY* | ENDURANCE* | MIND***

JYM
supplement science

6g[†]

BCAAS

6g[†]

CITRULLINE
MALATE

2g[†]

CREATINE HCL

2g[†]

BETA-ALANINE

1.5g[†]

BETAINE

BLACK
CHERRY

NATURAL & ARTIFICIAL
FLAVORS

30 SERVINGS | PRE-WORKOUT | [†]PER SERVING

DIETARY SUPPLEMENT

NET WEIGHT: 27.5 OZ (1.7 LBS) (780g)

Supplement Facts

Serving Size: 1 Scoop (26g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Beet (<i>Beta vulgaris</i>) Root Extract	500mg †
Sodium	10mg <1%	L-Leucine	3g †
Total Carbohydrate	3g 1%**	L-Isoleucine	1.5g †
Total Sugars	2g	L-Valine	1.5g †
Includes 2g Added Sugars	4%	L-Tyrosine	1.5g †
Creatine HCl (as CON-CRET®)	2g †	Caffeine Anhydrous	300mg †
Beta-Alanine (as CarnoSyn®)	2g †	Huperzine A	50mcg †
Betaine (Trimethylglycine)	1.5g †	[from Toothed Clubmoss (<i>Huperzia serrata</i>) Aerial Parts Extract]	
Taurine	1g †	Black Pepper (<i>Piper nigrum</i>) Fruit Extract (as BioPerine®)	5mg †
N-Acetyl L-Cysteine	600mg †		
Alpha-Glycerol Phosphoryl Choline (as AlphaSize®)	150mg †		
Citrulline Malate	6g †		

**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

OTHER INGREDIENTS: Dextrose, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Caramel Color, FD&C Red #40, FD&C Blue #1, Calcium Silicate.

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

CarnoSyn
Carnosine Synthesizer

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

CON-CRET
REINFORCED

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

NO3T
TECHNOLOGY

NO3T® is a registered trademark of ThermoLife International

BioPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,064,585,

AlphaSize®

AlphaSize® is a registered trademark of Chemi Nutra and is protected under U.S. Patent No. 5,315,023 and 5,433,833.



PRE30BC 20126 062618 V4.3

DIRECTIONS: As a Dietary Supplement, mix 1 scoop of Pre JYM™ in 12-32 oz. of water and drink 30-45 minutes before workouts. Consider allowing Pre JYM to mix for 10-15 minutes before drinking. Also consider drinking it over the course of 15-30 minutes.

Initially use 1/2 serving or less to assess tolerance. Once tolerance is assessed, take no more than 1 serving. To avoid sleeplessness, do not consume within 6 hours of bedtime.

For better result, consider using Post JYM Active Ingredients Matrix™ after 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, OR SENSITIVE TO CAFFEINE. Consult with a qualified healthcare professional before using this or any other dietary supplement. Contains 300mg of caffeine per serving, the equivalent of approximately 3 cups of coffee. DO NOT USE WITH ANY OTHER CAFFEINATED PRODUCT. Too much caffeine may cause nervousness, irritability, sleeplessness and/or rapid heartbeat. 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](#).

DISTRIBUTED BY:
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Made in the USA with domestic and international ingredients.