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.

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

© 2018 JYM Supplement Science® All rights reserved.

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.

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

JYM® supplement science

6g‡	6g‡	2g‡	2g‡	1.5g‡
BCAAS	CITRULLINE MALATE	CREATINE HCL	BETA-ALANINE	BETAINE

REFRESHING MELON
NATURAL & ARTIFICIAL FLAVORS

20 SERVINGS | PRE-WORKOUT | ‡PER SERVING

DIETARY SUPPLEMENT

NET WEIGHT: 18.3 OZ (1.1 LBS) (520g)

Supplement Facts

Serving Size: 1 Scoop (26g)
Servings Per Container: About 20

Amount Per Serving		% Daily Value
Calories	80	
Sodium	10mg	<1%
Total Carbohydrate	3g	1%**
Total Sugars	2g	
Includes 2g Added Sugars		4%
Calcium	30mg	3%
Creatine HCl (as CON-CRET®)	2g	†
Beta-Alanine (as CarnoSyn®)	2g	†
Betaine (Trimethylglycine)	1.5g	†
Taurine	1g	†
N-Acetyl L-Cysteine	600mg	†
Alpha-Glyceryl Phosphoryl Choline (as AlphaSize®)	150mg	†
Citrulline Malate	6g	†

Amount Per Serving		% Daily Value
Beet *(Beta vulgaris)* Root Extract	500mg	†
L-Leucine	3g	†
L-Isoleucine	1.5g	†
L-Valine	1.5g	†
L-Tyrosine	1.5g	†
Caffeine Anhydrous	300mg	†
Huperzine A (from Toothed Clubmoss *(Huperzia serrata)* Aerial Parts Extract)	50mcg	†
Black Pepper *(Piper nigrum)* Fruit Extract (as BioPerine®)	5mg	†

**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, Calcium Silicate, FD&C Yellow #5, 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 the USA with domestic and international ingredients.

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.

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.

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

AlphaSize® is a registered trademark of Chemi Nutra and is protected under U.S. Patent No. 5,315,023 and 5,431,833.

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

NO3T® is a registered trademark of ThermoLife International

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

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.

8 17047 02013 3

PRE20MM 20133 021518 V4.2