



### MY GUARANTEE

Dextrose is a highly effective and cost-efficient post-workout carbohydrate. Research supports that it helps in replenishing muscle glycogen levels and promotes the uptake of creatine and carnitine by the muscle fibers.\* For additional results to support recovery take Post JYM Fast-Digesting Carb along with Post JYM Recovery Matrix. The delicious taste of Post JYM Fast-Digesting Carb also makes it a dietary supplement you'll look forward to drinking after every workout. I know I do! Hit the JYM!



Jim Stoppani, PhD  
Owner - JYM Supplement Science

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



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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 JYM®

## 30g<sup>†</sup>

DEXTROSE

HELPS SUPPORT  
NUTRIENT UPTAKE\*

REPLENISHES  
MUSCLE GLYCOGEN\*

SPEEDS  
RECOVERY\*

## FAST-DIGESTING CARB (DEXTROSE)



LEMONADE  
NATURAL & ARTIFICIAL FLAVORS

†PER SERVING | 30 SERVINGS  
DIETARY SUPPLEMENT

NET WEIGHT: 35 OZ (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	11%**
Sugars	29g	†
Includes 29g Added Sugars		58%
Calcium	30mg	2%

\*\* 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

INGREDIENTS: Dextrose, Citric Acid, Natural & Artificial Flavors, Calcium Silicate, Malic Acid, Sucralose, Acesulfame Potassium, FD&C Yellow #5.

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 16-24 oz. water and consume within 30 minutes after workouts. For better results, consider adding one scoop of Post JYM Recovery Matrix™.

Endurance athletes, mix 1 scoop of Post JYM Fast-Digesting Carb in 24oz of water and consume 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.

**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](http://www.P65Warnings.ca.gov/food).



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