



MY GUARANTEE

This product is designed to enhance fat loss when used in conjunction with a proper diet and training program, like HIIT 100. The ingredients and amounts I used in my original Shred JYM™ formula are based on my long-standing recommendations. They have been shown in the lab and in the gym to promote fat loss, focus, and energy. What will you do with it?*



Jim Stoppani, PhD
Owner - JYM Supplement Science



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WARNING: DO NOT USE IF YOU ARE UNDER THE AGE OF 18, PREGNANT OR NURSING, HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS, OR ARE TAKING ANY PRESCRIPTION OR OVER THE COUNTER MEDICATIONS. **Contains 200mg of caffeine per serving** and may not be appropriate for stimulant sensitive individuals. Do not exceed recommended serving. Do not consume with stimulants from other sources, including but not limited to, coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Do not use for more than 8 weeks. Consult with your physician prior to use especially if you are taking medication, including but not limited to MAO inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products containing phenylephrine, ephedrine, pseudoephedrine, or other stimulants, or if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, enlarged prostate or glaucoma. Discontinue 2 weeks prior to surgery. Immediately discontinue use and consult your physician if any adverse reactions occur, including but not limited to rapid heartbeat, dizziness, severe headache or shortness of breath. To avoid sleeplessness, do not consume within 6 hours of bedtime.

*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.

JYM
SUPPLEMENT SCIENCE

SHRED

500mg
GREEN TEA EXTRACT
PER SERVING

1500mg
ACETYL-L-CARNITINE
PER SERVING

20mg
SYNEPHRINE
PER SERVING

FAT BURNER*

FAT LOSS SUPPLEMENT THAT HELPS
INCREASE CALORIE BURNING,
METABOLIC RATE AND
ENERGY LEVELS*

DIETARY SUPPLEMENT
240 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 40

Amount Per Serving

Acetyl-L-Carnitine HCl	1.5g	†
L-Tyrosine	500mg	†
Green Tea Leaf Extract (Camellia sinensis) (98% Polyphenols=490mg, 50% EGCG=250mg)	500mg	†
Caffeine Anhydrous	200mg	†
Capsimax® Cayenne Pepper Fruit Extract (Capsicum annuum L)	50mg	†
Synephrine [as Bitter Orange (Citrus aurantium) Fruit Extract] (Advantra Z®)	20mg	†

† Daily Value not established

OTHER INGREDIENTS: Cellulose, Vegetable Cellulose Capsule, Magnesium Stearate Vegetable Source, Silica.

DIRECTIONS: As a dietary supplement, take one serving (6 capsules) 1 time per day. Shred JYM™ can be taken with or without food. Some people may have a sensitive stomach and will not tolerate green tea extract well on an empty stomach. If this is you, be sure to take Shred JYM™ with meals. If you are sensitive to caffeine, do not take within 6 hours of bedtime.

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.

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.

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/lead.



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