

Jim Stonnani, PhD

## MY GUARANTEE

I formulated Pre IVM XM Advanced Pre-Workout Complex to deliver the most extreme experience ever in energy, pump, strength, focus, and performance \* Pre\_IYM X is formulated with advanced energy enhancers, nootropics, and pump agents - effectively upping the ante from my original award-winning Pre JYM formula to Owner - IVM Sunnlement Science put you in the proper zone for crushing every workout and getting the best results.\* If you demand more from your supplements, you're ready for Pre JYM XI

## SUPPORT FOR YOUR GOALS

Be a part of something bigger, the #JYMARMY, a Facebook community created to help lifters, athletes and fitness enthusiasts connect with like-minded people. Members of the group share tips and advice, humbly show off their progress with photos and videos, and continually motivate others to get fitter, stronger, and healthier. Head over to JYMarmy.com to join the strongest community on Facebook!

For questions regarding JYM products go to: 💟 🙆 @ JimStoppani or @ JimStoppaniPhD or JYMSupplementScience.com



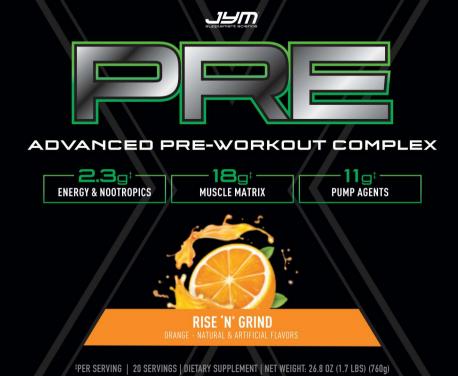




THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD DIAGNOSE TREAT CLIRE OR PREVENT ANY DISEASE

AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED

PJX20RG 23899 122021 V1.1



## Supplement Facts

Serving Size: 1 Scoon (38g) Serving Size. 1 3000p (30g) Amount Per Serving

Calorino

Total Carbohydrate	1g	<1%**
Calcium	140mg	11%
Sodium	10mg	<1%
Potassium	80mg	2%
Muscle Matrix		
Creatine HCI (as CON-CRET®)	4g	Ť
Beta Alanine	4g	t
Betaine (from Trimethylglycine, Betaine Nitrate)	3g	ţ
L-Leucine	3g	†
L-Isoleucine	1.5g	t
L-Valine	1.5g	†
Taurine	1g	t
Pump Agents		
Citrulline Malate	8g	t
Citrulline Nitrate (as NO3-T®)	2g	t
Betaine Nitrate (as NO3-T®)	1g	
Pine (Pinus pinaster) Bark Extract (Standardized to minimum 65% Proanthocyanidins)	180mg	t
Energy & Nootropics		
L-Tyrosine	1.5g	†
Caffeine (as Caffeine Anhydrous)	300mg	Ť
Alpha-Glyceryl Phosphoryl Choline	300mg	t
Methylliberine (as Dynamine®)	100mg	t
Theanine	100mg	t
Theacrine (as TeaCrine®)	25mg	t
Huperzine A	50mcg	†
Black Pepper (Piper nigrum) Fruit Extract (as BioPerine®)	5mg	†

\*\*Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

OTHER INGREDIENTS: Citric Acid, Calcium Silicate Natural Flavore Acesulfame Potassium Sucralose Boot Poot Extract Sunflower Legithin Beta Carotone

DISTRIBUTED BY

% Daily Value

PHD Fitness 31300 Via Colinas Suite #101 Westlake Village CA 91367 USA 1.888.557.7774 Made in the USA with domestic and international ingredients

Produced on shared equipment that also produces products that may contain EGG, MILK SOV and TREE NILTS

DIRECTIONS: As a dietary supplement, mix 1 scoop of Pre JYM™ X in 16-24 oz of water and drink 30-45 minutes before workouts. 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 A hours of hedtime

WARNINGS: DO NOT USE IF YOU ARE LINDER THE AGE OF 18 PREGNANT OR NURSING HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITIONS ARE TAKING ANY PRESCRIPTION OR OVER THE COLINTER 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.



