



Jim Stoppani, PhD
Owner - JYM Supplement Science



MY GUARANTEE

I formulated Pre JYM X™ Advanced Pre-Workout Complex to deliver the most extreme experience ever in energy, pump, strength, focus, and performance.* Pre JYM X is formulated with advanced energy enhancers, nootropics, and pump agents – effectively upping the ante from my original, award-winning Pre JYM formula to 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 X!

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



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



N031® is a registered trademark of ThermoLife International



TeaCrine® is a registered trademark and protected by Patents Pending, Serial No. 61/903,362, under exclusive global distribution by Compound Solutions, Inc.



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.



Dynamine® is a trademark and protected by Patents Pending claiming priority to Serial No. 61/903,362, under exclusive global distribution by Compound Solutions, Inc.



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*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

ADVANCED PRE-WORKOUT COMPLEX

2.3g[†]
ENERGY & NOOTROPICS

18g[†]
MUSCLE MATRIX

11g[†]
PUMP AGENTS



RISE 'N' GRIND
ORANGE - NATURAL & ARTIFICIAL FLAVORS

†PER SERVING | 20 SERVINGS | DIETARY SUPPLEMENT | NET WEIGHT: 26.8 OZ (1.7 LBS) (760g)

Supplement Facts

Serving Size: 1 Scoop (38g)
Servings Per Container: 20

Amount Per Serving	% Daily Value
Calories	70
Total Carbohydrate	1g <1%**
Calcium	140mg 11%
Sodium	10mg <1%
Potassium	80mg 2%

Muscle Matrix

Creatine HCl (as CON-CRET®)	4g	†
Beta Alanine	4g	†
Betaine (from Trimethylglycine, Betaine Nitrate)	3g	†

L-Leucine	3g	†
L-Isoleucine	1.5g	†
L-Valine	1.5g	†
Taurine	1g	†

Pump Agents

Citrulline Malate	8g	†
Citrulline Nitrate (as N03-T®)	2g	†
Betaine Nitrate (as N03-T®)	1g	†
Pine (<i>Pinus pinaster</i>) Bark Extract (Standardized to minimum 65% Proanthocyanidins)	180mg	†

Energy & Nootropics

L-Tyrosine	1.5g	†
Caffeine (as Caffeine Anhydrous)	300mg	†
Alpha-Glycerol Phosphoryl Choline	300mg	†
Methylciberine (as Dynamine®)	100mg	†
Theanine	100mg	†
Theacrine (as TeaCrine®)	25mg	†
Huperzine A	50mcg	†
Black Pepper (<i>Piper nigrum</i>)	5mg	†
Fruit Extract (as BioPerine®)		

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

OTHER INGREDIENTS: Citric Acid, Calcium Silicate, Natural Flavors, Acesulfame Potassium, Sucralose, Beet Root Extract, Sunflower Lecithin, Beta Carotene.

DISTRIBUTED BY:
PHD Fitness, 31300 Via Colinas Suite #101
Westlake Village, CA 91362 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, SOY and TREE NUTS.

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 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.

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.



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