



Jim Stoppani, PhD
Owner - JYM Supplement Science



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.*

For questions regarding JYM products go to: @JimStoppani or @JimStoppaniPhD or JYMSupps.com



JYM
supplement science

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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.

POST JYM®

BCAAs+ RECOVERY MATRIX*



FRUIT PUNCH
NATURAL & ARTIFICIAL FLAVORS

†PER SERVING | 30 SERVINGS
DIETARY SUPPLEMENT

NET WEIGHT: 22.2 OZ (1.4 LBS) (630g)

6g†
BCAAs

3g†
GLUTAMINE

2g†
CREATINE HCL

2g†
BETA-ALANINE

2g†
L- CARNITINE
L-TARTRATE

1.5g†
BETAINES

Supplement Facts

Serving Size: 1 Scoop (21g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	45	Betaine (Trimethylglycine)	1.5g †
Total Carbohydrate	1g <1%**	Taurine	1g †
Calcium	45mg 3%	L-Leucine	3.6g †
Sodium	5mg <1%	L-Isoleucine	1.2g †
L-Glutamine	3g †	L-Valine	1.2g †
Creatine HCl (as CON-CRET®)	2g †	Black Pepper (<i>Piper nigrum</i>)	5.3mg †
Beta-Alanine	2g †	Fruit Extract (as BioPerine®)	
L-Carnitine L-Tartrate (as Carnipure®)	2g †		
		** Percent Daily Values are based on a 2,000 calorie diet.	
		† Daily Value not established	

OTHER INGREDIENTS: Natural and Artificial Flavors, Sucralose, Citric Acid, Malic Acid, Dextrose, Calcium Silicate, Acesulfame Potassium, FD&C Red #40.

Produced on shared equipment that also produces products that may contain EGG, MILK, SOY, and TREE NUTS.



Carnipure® and Carnipure logo are Lonza trademarks.



BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,302, 6,054,585.



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

DIRECTIONS: As a dietary supplement, mix 1 scoop of Post JYM Recovery Matrix into 16-24 oz. water, preferably within 30 minutes after workouts. Consider drinking over the course of 15-30 minutes. For better results, consider using Pre JYM prior to workouts.

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. Consult with a qualified healthcare professional before using this or any other dietary supplement. 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.

DISTRIBUTED BY:
PHD Fitness, 31308 Via Colinas #101
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Made in the USA with domestic and international ingredients.



PAM30FP 20898 011822 V2.3