



MY PROMISE

Inside this bottle is decades of supplement research — from the lab and the gym. As a scientist, I have spent years researching ingredients that will produce results. As a gym rat, I have spent years benefiting from that research. Now it's your turn. Every ingredient in this formula is in a dose used in clinical studies and my own gym to produce significant gains in size, strength and endurance.* I know it works because this is what I take before every one of my workouts. Let it work for you. Hit the JYM!



Jim Stoppani, PhD
 Doctor - JYM Supplement Science

For questions regarding JYM products visit [Twitter @JimStoppani](#) and use #JYM

WORK WITH BOTH

JYM STOPPANI'S 12-WEEK
SHORTCUT TO SHRED



JYM STOPPANI'S 12-WEEK
SHORTCUT TO SIZE



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.

ONE OF THE WORLD'S MOST ADVANCED PRE-WORKOUT SUPPLEMENTS*

JYM
 SUPPLEMENT SCIENCE

PRE JYM

6G
 SODIUM

6G
 CITRULLINE MALATE

2G
 CREATINE HCL

2G
 BETA-ALANINE

1.5G
 BETAINE



PRE-WORKOUT
30 SERVINGS

NET WEIGHT 1.75 LBS. (795g)

DIETARY SUPPLEMENT
CARNODYN® L-CARNITINE
 Natural & Artificial Flavors

SPORT
 Trusted by sport

CHOICE
 Trusted by sport

Supplement Facts

Serving Size: 1 Scoop (28.5g)
 Servings Per Container: 30

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Calories	15	Beta vulgaris L. (Beet root extract)	300mg †
Total Carbohydrate	4g 1%	L-Leucine	2g †
Sugars	2g †	L-Isoleucine	1.5g †
Sodium (as sodium chloride)	220mg 9%	L-Valine	1.5g †
Creatine hydrochloride	2g †	L-Tyrosine	1.5g †
Carnodyn® Beta-Alanine	2g †	Caffeine anhydrous	300mg †
Betaine (Trimethylglycine)	1.5g †	Hyperline A	50mg †
Taurine	1g †	BioPerline®	5mg †
N-Acetyl L-Cysteine	600mg †	Piper Nigrum Fruit Extract	
Alpha-Glycerol Phosphoryl Choline (30%)	300mg †		
Citrulline Malate	6g †		

* Percent Daily Values are based on a 2,800 calorie diet.

† Daily value not established

OTHER INGREDIENTS: Natural and artificial flavors, Dextrose, Calcium silicate, Sucralose, Acesulfame potassium and FD&C Blue #1.

ALLERGEN WARNING: CONTAINS: SOY. Produced in a facility that also processes PEANUTS, EGGS, WHEAT and MILK.

Carnodyn® is patented for use in boosting muscle carnitine levels. Patent(s) # 5,965,598, 6,172,098, 6,426,361, 6,680,294, 7,504,370, 7,825,084, and 8,129,422.

BioPerline® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0810668, JP9953513 and CA2247467.

DIRECTIONS:

Mix 1 scoop of Pre JYM in 14oz. of water and drink 30-45 minutes before workouts.

WARNINGS:

Check with a qualified healthcare professional before taking this product. Do not use if you are sensitive to caffeine, pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. Pre JYM is an incredibly strong pre-workout matrix that contains 300mg caffeine per serving, the equivalent of approximately 3 cups of coffee. Avoid using with any other caffeinated products. Too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. Always begin use with 1/2 scoop or less and assess your tolerance. Once tolerance is assessed, take a maximum dose of 1 scoop. To avoid sleeplessness, do not consume within 6 hours of bedtime. This product contains chemicals known to the State of California to cause cancer and birth defects or reproductive harm. **KEEP OUT OF REACH OF CHILDREN.**

Distributed By: **PHD Fitness**
 8721 Santa Monica Blvd #1241
 Los Angeles, CA 90069-4507 USA
 1-888-567-7774



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