



MY PROMISE

Over the decades I have spent in the gym experimenting with how muscles respond to training and the decades I have spent in the lab studying those responses at the cellular level, I have learned that the nutrients you take immediately after working out are just as critical as those you take to prime your body before workouts. After you've put in your last rep, your body is desperate for the ingredients that will help it refuel, recover, and, in the process, grow bigger and stronger. Those ingredients, in full research-backed doses, are in this bottle. Post JYM is the perfect companion to Pre JYM. It's my personal postworkout formula for maximizing recovery, muscle growth and performance*. Make it yours to help you optimize your results in the gym.

as the JYM



Jim Stoppani, PhD

Owner - JYM Supplement Science - www.JYMSupplementScience.com

For questions regarding JYM products visit [Twitter @JimStoppani](http://Twitter.com/JimStoppani) and use #JYM

WORK WITH US!

JYM STOPPANI'S 6-WEEK

**SHORTCUT TO
SHRED**



JYM STOPPANI'S 12-WEEK

**SHORTCUT TO
SIZE**



*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.

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.

THE ULTIMATE POST-WORKOUT FORMULA FOR RECOVERY AND GROWTH*

JYM
SUPPLEMENT SCIENCE

POST
JYM

ACTIVE INGREDIENTS MATRIX



30 SERVINGS
POST WORKOUT

NET WEIGHT 1.3 LBS. (600g)

FRUIT PUNCH
Natural & Artificial Flavors
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Scoop (20g)

Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Taurine	1g †
Total Carbohydrate	2g 1%*	L-Leucine	3.6g †
Sodium	95mg 4%	L-Isoleucine	1.2g †
L-Glutamine	3g †	L-Valine	1.2g †
Creatine hydrochloride	2g †	BioPerine® (Piper Nigrum Fruit Extract)	5.3mg †
Beta-Alanine (as CarnoSyn®) 12g	†		
L-Carnitine L-Tartrate (as Carnipure™)	2g †		
Retaine (Trimethylglycine)	1.5g †		

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

† Daily Value not established

OTHER INGREDIENTS: Malic acid, Natural and artificial flavors, Calcium silicate, Sucralose, Citric acid, Soy oil and lecithin blend, Acesulfame potassium, FD&C Red #40.

ALLERGEN WARNING: Contains SOY and is produced in a facility that also processes PEANUTS, EGGS, WHEAT and MILK.

CarnoSyn® is patented for use in boosting muscle carnitine levels. Patented # 5,955,596; 6,172,098; 6,426,361; 6,668,294; 7,364,376; 7,825,854; and 8,116,422.

BioPerine® (Piper Nigrum Fruit Extract) is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,336,505; 5,744,161; 5,972,562; 6,064,565; EP0010665; JP0003513 and CA2247467.

Carnipure™ is a trademark of Lonza Ltd, Switzerland

DIRECTIONS:

Mix 1 scoop of Post JYM active ingredients matrix into 16-32 oz. water within 30 minutes after workouts. For optimal recovery, also include one scoop of Post JYM fast-digesting carbs (Dextrose).

WARNINGS:

Check with a qualified healthcare professional before taking this product. Do not use if you are 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. **KEEP OUT OF REACH OF CHILDREN.** This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

Distributed By: **PHD Fitness**
5721 Santa Monica Blvd #1241
Los Angeles, CA 90048-4537 USA
1-888-557-7774



JYM/14 - 01/2013