



MY GUARANTEE

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 amounts, are in this bottle. Post JYM is the perfect companion to Pre JYM. It's my personal post-workout formula for maximizing recovery, muscle growth and performance.* Make it yours to help you optimize your results in the gym. Hit the JYM!



Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: [@JimStoppani](#) or [@DrJimStoppani](#) or [JYMSupplementScience.com](#)
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GET ONE MONTH OF FREE ACCESS
TO HUNDREDS OF JIM'S WORKOUTS VISIT [JIMSTOPPANI.COM/JYM-TRIAL](#)



For more info on the JYM Supplement Science Lexicon and how it can help you optimize your results, go to [JYMSupplementScience.com](#).

*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.

POST

MUSCLE GROWTH* | STRENGTH* | ENDURANCE* | RECOVERY†

JYM
supplement science

6g†
BCAAS

3g†
GLUTAMINE

2g†
CREATINE
HCL

2g†
BETA-ALANINE

2g†
L- CARNITINE
L-TARTRATE

1.5g†
BETAINES

LEMONADE
NATURAL & ARTIFICIAL
FLAVORS

30 SERVINGS | POST-WORKOUT | †PER SERVING

DIETARY SUPPLEMENT

NET WEIGHT: 1.25 LBS. (568g)

Supplement Facts

Serving Size: 1 Scoop (19g)

Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	45	Taurine	1g †
Total Carbohydrate	1g <1%**	L-Leucine	3.6g †
Calcium	35mg 4%	L-Isoleucine	1.2g †
L-Glutamine	3g †	L-Valine	1.2g †
Creatine Hydrochloride	2g †	Black Pepper (<i>Piper nigrum</i>)	5.3mg †
Beta-Alanine (as CarnoSyn®)	2g †	Fruit Extract (as Bioperine®)	
L-Carnitine L-Tartrate (as Carnipure®)	2g †		
Betaine (Trimethylglycine)	1.5g †		

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

OTHER INGREDIENTS: Natural and Artificial Flavors, Sucralose, Calcium Silicate, Citric Acid, Acesulfame Potassium, Malic Acid, FD&C Yellow #5.

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

DISTRIBUTED BY:

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Carnipure® is a trademark of Lonza Ltd. Switzerland

BioPERINE®

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.



Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](#) and registered trademark CarnoSyn®.

DIRECTIONS: As a Dietary Supplement, mix 1 scoop of Post JYM Active Ingredients Matrix™ into 16-32 oz. water, preferably within 30 minutes after workouts. Consider allowing Post JYM Active Ingredients Matrix to mix for 10-15 minutes before drinking. Also consider drinking it over the course of 15-30 minutes. Add Post JYM Fast-Digesting Carb™ to the Post JYM Active Ingredients Matrix for best results.

WARNINGS: Check with a qualified healthcare professional before taking this or any other dietary supplement. Do not use if you are pregnant or nursing, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications, as Post JYM Active Ingredients Matrix may enhance the absorption rate of some medications.

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.

PROP 65 WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.



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