



### 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.\*



Jim Stoppani, PhD

Owner - JYM Supplement Science

For questions regarding JYM products go to: @JimStoppani or @JimStoppaniPhD or [JYMSupplementScience.com](http://JYMSupplementScience.com)



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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.

# POST JYM®

## BCAAs+ RECOVERY MATRIX\*

6g<sup>†</sup>  
BCAAs

3g<sup>†</sup>  
GLUTAMINE

2g<sup>†</sup>  
CREATINE HCL

2g<sup>†</sup>  
BETA-ALANINE

2g<sup>†</sup>  
L-CARNITINE  
L-TARTRATE

1.5g<sup>†</sup>  
BETAINE



MANDARIN ORANGE  
NATURAL & ARTIFICIAL FLAVORS

†PER SERVING | 30 SERVINGS  
DIETARY SUPPLEMENT

NET WEIGHT: 20 OZ (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 †
Sodium	10mg <1%	L-Leucine	3.6g †
Total Carbohydrate	1g <1%**	L-Isoleucine	1.2g †
Calcium	30mg 2%	L-Valine	1.2g †
L-Glutamine	3g †	Black Pepper ( <i>Piper nigrum</i> )	5.3mg †
Creatine HCl (as CON-CRET®)	2g †	Fruit Extract (as BioPerine®)	†
Beta-Alanine (as CarnoSyn®)	2g †		
L-Carnitine L-Tartrate (as Carnipure®)	2g †	** The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Betaine (Trimethylglycine)	1.5g †	† Daily Value not established	

OTHER INGREDIENTS: Natural and Artificial Flavors, Sucralose, Calcium Silicate, Citric Acid, Acesulfame Potassium, Malic Acid, FD&C Yellow #5, Caramel Color, FD&C Red #40.

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

DISTRIBUTED BY: PHD Fitness, 31300 Via Colinas #101, Westlake Village, CA 91362 USA 1-888-557-7774  
Made in the USA with domestic and international ingredients.

**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](http://www.P65Warnings.ca.gov/food).



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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, 5,972,382, 6,054,585.



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



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