



### 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.\*

*Jim Stoppioni, PhD*  
Owner - JYM Supplement Science

For questions regarding JYM products go to: [@JimStoppioni](#) or [@JimStoppioniPhD](#) or [JYMSupplementScience.com](#)

**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).

\*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.

**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, EP0810868, JP3953513 and CA 2247467.  
ZMA® is a registered trademark of SNAC System, Inc., San Carlos, CA 94070  
K2VITAL® is a registered trademark of Kappa BioScience AS

**JYM** supplement science  
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**SUGGESTED USE:** As a dietary supplement, take the contents of one AM packet containing one serving of Alpha JYM X (4 capsules) and one serving of D3+K2 (1 capsule) in the morning with a meal. Take the contents of one PM packet containing one serving of Alpha JYM X (4 capsules) and one serving of ZMA JYM (3 capsules) in the evening. For optimal results with the PM packet take Alpha JYM X (4 capsules) with your final meal of the day, and take ZMA JYM about 30-60 minutes before bed on an empty stomach.

**WARNING: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING.** Consult a physician or licensed qualified health care professional before using this product, including, but not limited to, if you have, or have a family history of, prostate cancer, prostate enlargement, heart disease, low "good" cholesterol (HDL), or if you are using any other dietary supplement, prescription drug, or over-the-counter drug. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects. Possible side effects include acne, hair loss, hair growth on the face (in women), aggressiveness, irritability, and increased levels of estrogen. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, blurred vision, or other similar symptoms. Discontinue two weeks prior to surgery.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.  
Do not purchase if the seal is missing or broken.



## AM PACK

### Supplement Facts

Serving Size: 1 Packet (4 tan ALPHA X capsules, 1 white D3+K2 capsule)  
Servings Per Container: 30

	Amount per serving	% Daily Value
Vitamin D (as Cholecalciferol)	125 mcg	625%
Vitamin K2 (as <i>trans</i> Menaquinone-7 (K2VITAL®))	100 mcg	†
Ashwagandha ( <i>Withania somnifera</i> ) Root Extract std. 1.5% Withanolides	600 mg	†
Fenugreek ( <i>Trigonella foenum-graecum</i> ) Seed Extract std. 50% Saponins	600 mg	†
Damiana ( <i>Turnera aphrodisiac</i> ) Leaf Powder	500 mg	†
Quercetin	250 mg	†
Diindolylmethane (DIM)	250 mg	†
Shilajit std. 20% Fulvic Acid	250 mg	†
Tongkat ali ( <i>Eurycoma longifolia</i> ) Root 20:1 Extract	100 mg	†
Dehydroepiandrosterone (DHEA)	25 mg	†
Boron (from Boron Citrate)	5 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** ALPHA X: Gelatin Capsule, Silicon Dioxide, Magnesium Stearate, Microcrystalline Cellulose. D3+K2: Rice Flour, Hydroxypropyl Methylcellulose (Capsule), Magnesium Stearate, Silica.

DISTRIBUTED BY:  
PHD Fitness, 31238 Via Colinas, Suite A-3,  
Westlake Village, CA 91362 USA 1-888-557-7774  
Made in the USA with domestic and international ingredients.

## PM PACK

### Supplement Facts

Serving Size: 1 Packet (4 tan ALPHA X capsules, 3 white ZMA JYM capsules)  
Servings Per Container: 30

	Amount per serving	% Daily Value
Vitamin B6 (as Pyridoxine Hydrochloride)	10.5 mg	618%
Magnesium (as Magnesium Aspartate & Magnesium Oxide)	450 mg	107%
Zinc (as Zinc Aspartate, Zinc Mono-L-Methionine, & Zinc Oxide)	30 mg	273%
Black Pepper ( <i>Piper nigrum</i> ) Fruit Extract (BioPerine®)	5 mg	†
Ashwagandha ( <i>Withania somnifera</i> ) Root Extract std. 1.5% Withanolides	600 mg	†
Fenugreek ( <i>Trigonella foenum-graecum</i> ) Seed Extract std. 50% Saponins	600 mg	†
Damiana ( <i>Turnera aphrodisiac</i> ) Leaf Powder	500 mg	†
Quercetin	250 mg	†
Diindolylmethane (DIM)	250 mg	†
Shilajit std. 20% Fulvic Acid	250 mg	†
Tongkat ali ( <i>Eurycoma longifolia</i> ) Root 20:1 Extract	100 mg	†
Dehydroepiandrosterone (DHEA)	25 mg	†
Boron (from Boron Citrate)	5 mg	†

† Daily Value not established

**OTHER INGREDIENTS:** ALPHA X: Gelatin Capsule, Silicon Dioxide, Magnesium Stearate, Microcrystalline Cellulose. ZMA JYM: Hypromellose (Cellulose Capsule), Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

## A THREE PRODUCT SOLUTION TO HELP OPTIMIZE TESTOSTERONE\*



\*Actual Size. Color may vary

### ALPHA JYM X™

Alpha JYM X works by supporting the body's own production of testosterone. Ingredients like Fenugreek, Ashwagandha, Eurycoma longifolia (tongkat ali), and boron have been suggested to help support natural testosterone production in the body.\*



\*Actual Size

### ZMA JYM®

ZMA JYM is a combination of zinc, magnesium, and vitamin B6. While ZMA is often touted for its testosterone-supporting properties, its real strength lies in its ability to support sleep quality and recovery.\*



\*Actual Size

### JYM D3/K2

As we age, maintaining adequate levels of vitamin D becomes increasingly important, not just for bone health support but also for mood, energy, and healthy testosterone production.\* Vitamin K2 has been suggested to support cardiovascular and bone health.\*



# ALPHA STACK

AM/PM TESTOSTERONE OPTIMIZATION SYSTEM™

**MORNING**  
SUPPORTS TESTOSTERONE,  
MOOD & MOTIVATION\*



**EVENING**  
HELP OPTIMIZE SLEEP,  
RECOVERY & TESTOSTERONE\*

DIETARY SUPPLEMENT  
60 PACKS | 30 DAY SUPPLY