



**DR. JIM STOPPANI**  
Owner - JYM Supplement Science

**SCAN FOR  
WORKOUTS**



**MY PROMISE**

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.\*

**POST-WORKOUT RECOVERY**

**POST JYM**



**ICED TEA LEMONADE**

NATURAL FLAVORS



**30 SERVINGS**  
DIETARY SUPPLEMENT

NET WEIGHT: 1.45 LBS (23.3 OZ) (660g)

**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

<sup>†</sup>PER SERVING

**Supplement Facts**

Serving Size: 1 Scoop (22g)  
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	25	Betaine (Trimethylglycine)	1.5g †
Total Carbohydrate	3g 1%**	Taurine	1g †
Total Sugars	1g †	L-Leucine	3.6g †
Includes 1g Added Sugars	2%**	L-Isoleucine	1.2g †
Calcium	30mg 2%	L-Valine	1.2g †
Sodium	5mg <1%	Black Pepper ( <i>Piper nigrum</i> )	5mg †
L- Glutamine	3g †	Fruit Extract (as BioPerine <sup>®</sup> )	
Creatine HCl	2g †		
Beta-Alanine	2g †		
L- Carnitine L- Tartrate	2g †		

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

**OTHER INGREDIENTS:** Natural Flavors, Dextrose, Citric Acid, Sucralose, Calcium Silicate, Acesulfame Potassium, Fruit and Vegetable Juice (Color), Sunflower Lecithin.

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

DISTRIBUTED BY:  
PHD Fitness, 31738 Via Calaca, A-3, Westlake Village, CA 91362 USA 1-888-567-7774



**COMBIO**  
Combio<sup>®</sup> and Combio logo are trade marks.

**BIOPERINE**<sup>®</sup>  
BioPerine<sup>®</sup> is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers: 5,538,594; 5,744,161; 5,972,302; 6,054,985.

Made in the USA with domestic and international ingredients.  
Sold by weight, not volume.  
Some settling may occur.

**JYM**  
supplement science

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**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 in a cool, dry place. 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).

\*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.