



*DR. JIM STOPPANI*

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

**SCAN FOR WORKOUTS**



**MY PROMISE**

Pre JYM was created to give lifters a formula they can trust—transparent, purposefully formulated, and tested in the gym. I rely on it for the focus, drive, and performance I want from every workout, and I'm proud to share it with you. Hit the JYM.™

**6g<sup>†</sup>**  
BCAAS

**6g<sup>†</sup>**  
CITRULLINE MALATE

**2g<sup>†</sup>**  
CREATINE HCL

**2g<sup>†</sup>**  
BETA ALANINE

**1.5g<sup>†</sup>**  
BETAINE

<sup>†</sup>PER SERVING

**PRE-WORKOUT**

**PRE JYM<sup>®</sup>**



**ICED TEA LEMONADE**  
NATURAL FLAVORS



**30 SERVINGS**  
DIETARY SUPPLEMENT

NET WEIGHT: 1.78 LBS (28.6 OZ) (810g)

**Supplement Facts**  
Serving Size: 1 Scoop (27g)  
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Betaine (Trimethylglycine)	1.5g †
Total Carbohydrate	4g 1%**	L-Tyrosine	1.5g †
Total Sugars	2g †	Taurine	1g †
Includes 2g Added Sugars	3%**	Beet ( <i>Beta vulgaris</i> ) Root Extract	500mg †
Calcium	40mg 3%	Caffeine Anhydrous	300mg †
Sodium	230mg 10%	Alpha-Glycerol Phosphoryl Choline	150mg †
Citrulline Malate	6g †	Black Pepper ( <i>Piper nigrum</i> ) Fruit Extract (as BioPerine <sup>®</sup> )	5mg †
BCAAS	6g †	Hyperzine A (from Toothed Clubmoss ( <i>Huperzia serrata</i> ) Aerial Parts Extract)	50mcg †
L-Leucine 3g			
L-Isoleucine 1.5g			
L-Valine 1.5g			
Creatine HCl	2g †		
Beta-Alanine	2g †		

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

**OTHER INGREDIENTS:** Dextrose, Natural Flavors, Disodium Phosphate Anhydrous, Sucralose, Calcium Silicate, Acesulfame Potassium, Gum Blend (Guar Gum, Acacia, Xanthan Gum), Sunflower Lecithin.

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

DISTRIBUTED BY:  
PHD Fitness, 31238 Via Calaca, A-3, Westlake Village, CA 91362 USA 1-888-567-7774



Made in the USA with domestic and international ingredients.

Some settling may occur.

**DIRECTIONS:** As a dietary supplement, mix 1 scoop of Pre JYM<sup>™</sup> in 16-24 oz. of water and drink 30-45 minutes before workouts. Initially use 1/2 serving or less to assess tolerance. Once tolerance is assessed, take no more than 1 serving. To avoid sleeplessness, do not consume within 6 hours of bedtime.

For better results, consider using Post JYM Recovery Matrix<sup>™</sup> after 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 PRESCRIPTION OR OVER THE COUNTER MEDICATIONS, OR ARE SENSITIVE TO CAFFEINE. Consult with a qualified healthcare professional before using this or any other dietary supplement. Contains 300mg of caffeine per serving, the equivalent to approximately 3 cups of coffee. DO NOT USE WITH ANY OTHER CAFFEINATED PRODUCT. Too much caffeine may cause nervousness, irritability, sleeplessness, and/or rapid heartbeat. Immediately discontinue use and consult your doctor if any adverse reactions occur. Discontinue two weeks prior to surgery.

**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.



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