



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[†]
BCAAs

6g[†]
CITRULLINE MALATE

5g[†]
CREATINE
MONOHYDRATE

3.2g[†]
BETA ALANINE

600mg[†]
NITRATE

[†]PER SERVING

ADVANCED PRE-WORKOUT

PRE JYM[®] PLUS



FREEDOM FREEZE
NATURAL FLAVORS

30 SERVINGS
DIETARY SUPPLEMENT

NET WEIGHT: 2.1 LBS (33.9 OZ) (960g)

Supplement Facts

Serving Size: 1 Scoop (32g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value
Calories	70
Total Carbohydrate	2g <1%**
Citrulline Malate	6g †
L-Leucine	3g †
L-Isoleucine	1.5g †
L-Valine	1.5g †
Creatine Monohydrate	5g †
Beta Alanine	3.2g †
Betaine (from Betaine Anhydrous, Betaine Nitrate (as NO3-T [†]))	3g †
L-Tyrosine	1.5g †
Taurine	1g †
Nitrate (From Betaine Nitrate (as NO3-T [†]))	600mg †
Caffeine Anhydrous	300mg †
Alpha-Glycerol Phosphoryl Choline	150mg †
Black Pepper (<i>Piper nigrum</i>)	5mg †
Fruit Extract (as BioPerine [®])	†
Huperzine A (from Toothed Clubmoss (<i>Huperzia serrata</i>))	100mcg †
Aerial Parts Extract	†

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

OTHER INGREDIENTS: Natural Flavors, Malic Acid, Sucralose, Organic Spirulina Extract (Color), Acesulfame Potassium, Silicon Dioxide, Sunflower Lecithin.

Produced on shared equipment that also processes products that contain SOY, TREE NUTS and EGG ingredients.

DISTRIBUTED BY:
PMD Fitness LLC, 31728 Via Colinas, A-3
Woodlake 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 Pre JYM in 16-24 oz. of water and drink 30-45 minutes before workouts. Initially use ½ scoop 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.

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 the seal is missing or broken.

Some settling may occur.

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.

*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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