

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®

- **6g†** BCAAS
- **3g†** GLUTAMINE
- **2g†** CREATINE HCL
- **2g†** BETA-ALANINE
- **2g†** L- CARNITINE L-TARTRATE
- **1.5g†** BETAINE

†PER SERVING



WATERMELON
NATURAL & ARTIFICIAL FLAVORS

30 SERVINGS
DIETARY SUPPLEMENT
NET WEIGHT: 1.4 LBS (22.2 OZ) (630g)

Supplement Facts

Serving Size: 1 Scoop (21g)
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	2g	1%**
Total Sugars	1g	†
Includes 1g Added Sugars		2%**
Calcium	40mg	3%
Sodium	5mg	<1%
BCAAS	**6g**	†
L-Leucine 3.6g		
L-Isoleucine 1.2g		
L-Valine 1.2g		

Amount Per Serving		% Daily Value
L-Glutamine	3g	†
Creatine HCl	2g	†
Beta-Alanine	2g	†
L-Carnitine L-Tartrate (as Carnipure®)	2g	†
Betaine (Trimethylglycine)	1.5g	†
Taurine	1g	†
Black Pepper (*Piper nigrum*) Fruit Extract (as BioPerine®)	5mg	†

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

OTHER INGREDIENTS: Dextrose, Natural and Artificial Flavors, Malic Acid, Sucralose, Calcium Silicate, Citric Acid, 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, 31238 Via Colinas, A-3, Westlake Village, CA 91362 USA 1-888-557-7774

MADE IN A GMP CERTIFIED FACILITY

Carnipure® and Carnipure logo are Lonza trademarks.

BioPerine® BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,589.

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

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.

Contains bioengineered foods.

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.

JYM supplement science

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