

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

2g‡ CREATINE HCL

2g‡ BETA ALANINE

1.5g‡ BETAINE

‡PER SERVING

PRE-WORKOUT

PRE JYM®



ORANGE MANGO

NATURAL & ARTIFICIAL FLAVORS

30 SERVINGS

DIETARY SUPPLEMENT

NET WEIGHT: 1.72 LBS (27.5 OZ) (780g)

Supplement Facts

Serving Size: 1 Scoop (26g)
Servings Per Container: 30

Amount Per Serving		% Daily Value
Calories	80	
Total Carbohydrate	2g	1%**
Total Sugars	1g	†
Includes 1g Added Sugars		2%**
Calcium	40mg	3%
Sodium	230mg	10%
Potassium	75mg	2%
Citrulline Malate	6g	†
BCAAS	6g	†
L-Leucine 3g		
L-Isoleucine 1.5g		
L-Valine 1.5g		
Creatine HCl	2g	†
Beta-Alanine	2g	†

Amount Per Serving		% Daily Value
Betaine (Trimethylglycine)	1.5g	†
L-Tyrosine	1.5g	†
Taurine	1g	†
Beet (*Beta vulgaris*) Root Extract	500mg	†
Caffeine Anhydrous	300mg	†
Alpha-Glyceryl Phosphoryl Choline	150mg	†
Black Pepper (*Piper nigrum*) Fruit Extract (as BioPerine®)	5mg	†
Huperzine A (from Toothed Clubmoss (*Huperzia serrata*) Aerial Parts Extract)	50mcg	†

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

OTHER INGREDIENTS: Dextrose, Disodium Phosphate, Natural and Artificial Flavors, Acesulfame Potassium, Sucralose, Calcium Silicate, Gum Blend (Guar Gum, Acacia, Xanthan Gum), Vegetable Juice (Color), Turmeric (Color), Sunflower Lecithin, Dihydrate Calcium Phosphate, Silicon Dioxide.

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

NO3T NITRATE TECHNOLOGY

NO3T™ is a registered trademark of ThermoLife International

BIOPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506; 5,744,161; 5,972,387; 6,054,485.

Made in the USA with domestic and international ingredients.

Some settling may occur.

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 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™ 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.

*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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