



MY GUARANTEE

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.*



Jim Stoppani, PhD
Owner - JYM Supplement Science

For questions regarding JYM products go to: [@JimStoppani](#) or [@JimStoppaniPhD](#) or [JYMSupplementScience.com](#)

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

*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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PRE JYM

HIGH-PERFORMANCE PRE-WORKOUT



STRAWBERRY KIWI
NATURAL & ARTIFICIAL FLAVORS

16 SERVINGS | 30 SERVINGS
DIETARY SUPPLEMENT

NET WEIGHT: 27.5 OZ (1.7 LBS) (780g)

6g[†]
BCAAS

6g[†]
CITRULLINE MALATE

2g[†]
CREATINE HCL

2g[†]
BETA-ALANINE

1.5g[†]
BETAINE

Supplement Facts

Serving Size: 1 Scoop (28g)
Servings Per Container: About 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	60	Root (Beta vulgaris) Root Extract	500mg
Sodium	10mg <1%	L-Leucine	3g
Total Carbohydrate	2g 1%	Chitosamine	1.5g
Total Sugars	2g	L-Valine	1.5g
Includes 2g Added Sugars	4%	L-Tyrosine	1.5g
Calcium	10mg 0%	Coffeine Anhydrous	300mg
Potassium	77mg 2%	Algarine AL from Toothed Catbrows (Hesperis matronalis Aerial Parts Extract)	50mg
Creatine HCl (as COA-CRE™)	2g	Black Pepper (Piper nigrum) Fruit Extract (as BioPerine®)	5mg
Beta-Alanine	2g	Fruit Extract (as BioPerine®)	
Betaine (Trimethylglycine)	1.5g		
Taurine	1g		
Alpha-Glycerol Phosphate	150mg		
Choline (as AlphaGlyc®)			
Citrulline Malate	6g		

OTHER INGREDIENTS: Dextrose, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Calcium Silicate, FD&C Red #40.

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

CON-CRE™
CON-CRE™ is a registered trademark of Neo Systems, Inc. Patent: www.con-creatine.com/patents

NO3+™
NO3+™ is a registered trademark of NitroLife International

BIOPERINE®
BioPerine® is a patented registered and registered trademark of Swanson Corporation. Patent numbers: U.S. Pat. Nos. 5,774,101; 5,972,392; 6,054,395.

ALPHA-GLYC®
AlphaGlyc® is a registered trademark of Chem-Bio and is a patented under U.S. Patent No. 5,274,822 and 5,422,832.

DIRECTION: 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 ANY PRESCRIPTION OR OVER THE COUNTER MEDICATIONS, OR 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 of 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.

KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C (59-84°F). Protect from heat, light and moisture. 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](#).

DISTRIBUTED BY:
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Made in the USA with domestic and international ingredients.



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