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

6g‡ BCAAS

6g‡ CITRULLINE MALATE

2g‡ CREATINE HCL

2g‡ BETA-ALANINE

1.5g‡ BETAINE

RAINBOW SHERBET
NATURAL & ARTIFICIAL FLAVORS

‡PER SERVING | 30 SERVINGS
DIETARY SUPPLEMENT

NET WEIGHT: 28.6 OZ (1.8 LBS) (810g)

Supplement Facts

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

Amount Per Serving		% Daily Value
Calories	80	
Sodium	240mg	10%
Total Carbohydrate	3g	1%**
Total Sugars	2g	†
Includes 2g Added Sugars		4%
Calcium	52mg	4%
Potassium	61mg	1%
Creatine HCl (as CON-CRET®)	2g	†
Beta-Alanine	2g	†
Betaine (Trimethylglycine)	1.5g	†
Taurine	1g	†
Alpha-Glyceryl Phosphoryl Choline (as AlphaSize®)	150mg	†
Citrulline Malate	6g	†
Beet *(Beta vulgaris)* Root Extract	500mg	†
L-Leucine	3g	†
L-Isoleucine	1.5g	†
L-Valine	1.5g	†
L-Tyrosine	1.5g	†
Caffeine Anhydrous	300mg	†
Huperzine A [from Toothed Clubmoss *(Huperzia serrata)* Aerial Parts Extract]	50mcg	†
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, Disodium Phosphate, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Calcium Silicate, Gum Blend [Cellulose Gum, Xanthan Gum, Carrageenan], FD&C Blue #1, FD&C Red #40.

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

CON-CRET REINFORCED™
Con-Cret™ is a registered trademark of Vireo Systems, Inc. Patents: www.vireosystems.com/patents

NO3T NITRATE NETWORK CERTIFIED
NO3T™ is a registered trademark of Thorne Research International

BioPerine®
BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,505.

AlphaSize®
AlphaSize® is a registered trademark of Chemi Nutra and is protected under U.S. Patent No. 5,315,023 and 5,430,033.

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 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 (59-86°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:
PHD Fitness, 31300 Via Colinas Suite #101
Westlake Village, CA 91362 USA 1-888-557-7774
Made in the USA with domestic and international ingredients.

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