

I formulated Pre JYM X™ Advanced Pre-Workout Complex to deliver the most extreme experience ever in energy, pump, strength, focus, and performance.* Pre JYM X is formulated with advanced energy enhancers, nootropics, and pump agents – effectively upping the ante from my original, award-winning Pre JYM formula to put you in the proper zone for crushing every workout and getting the best results.* If you demand more from pplements, you're ready for Pre JYM X!



Be a part of something bigger, the #JYMARMY, a Facebook community created to help lifters, athletes and fitness enthusiasts connect with like-minded people. Members of the group share tips and advice, humbly show off their progress with photos and videos, and continually motivate $% \left(1\right) =\left(1\right) \left(1\right) \left$ others to get fitter, stronger, and healthier. Head over to JYMarmy.com to join the strongest community on Facebook!

For questions regarding JYM products go to: 💟 🥝 @ JimStoppani or (f) @ JimStoppaniPhD or JYMSupplementScience.com





TEACRINE* BIOPERINE*

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AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD

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ADVANCED PRE-WORKOUT COMPLEX

2.3₀‡ **ENERGY & NOOTROPICS**



PUMP AGENTS



DRAGONBERRY DRAGON FRUIT, STRAWBERRY - NATURAL & ARTIFICIAL FLAVORS

PER SERVING | 20 SERVINGS | DIETARY SUPPLEMENT | NET WEIGHT: 24.5 OZ (1.6 LBS) (720g)

Supplement Facts

% Daily Value alories otal Carbohydrate Auscle Matrix reatine HCI (as CON-CRET®) eta Alanine

taine (from Trimethylglycine etaine Nitrate (as NO3-T®)) Leucine trulline Malate itrulline Nitrate (as NO3-T°) etaine Nitrate (as NO3-T°)

Pine (Pinus pinaster) Bark Extract 180mg

Standardized to minimum 65% Proanthocyanidins)

nergy & Nootropics -Tyrosine 1.5g Caffeine (as Caffeine Anhydrous) 300mg Alpha-Glyceryl Phosphoryl Choline 300mg Methylliberine (as Dynamine®) 100mg uperzine A Black Pepper *(Piper nigrum)* Fruit Extract (as BioPerine®)

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

OTHER INGREDIENTS: Natural & Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium, Sunflower Lecithin, Calcium Silicate, Citric Acid, Red Beet Powder (Color), Fruit and Vegetable Juice (Color).

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.

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

DIRECTIONS: As a dietary supplement, mix 1 scoop of Pre JYM™ X 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.

WARNINGS: DO NOT USE IF YOU ARE UNDER THE AGE OF

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.

