




#### 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 [JYMSupps.com](https://www.jymsupps.com)



#### SHORTCUT TO SUCCESS

We pride ourselves on educating individuals on all things training, nutrition, and supplementation. If you want to go beyond "average" and achieve profound results with this product, head over to [PreJYM.com/results](https://www.PreJYM.com/results)



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\*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.



## HIGH-PERFORMANCE PRE-WORKOUT



ORANGE MANGO  
NATURAL & ARTIFICIAL FLAVORS

6g<sup>†</sup>  
BCAAS

6g<sup>†</sup>  
CITRULLINE MALATE

2g<sup>†</sup>  
CREATINE HCL

2g<sup>†</sup>  
BETA-ALANINE

1.5g<sup>†</sup>  
BETAINES

\*PER SERVING | 20 SERVINGS  
DIETARY SUPPLEMENT

NET WEIGHT: 18.3 OZ (1.1 LBS) (520g)

#### Supplement Facts

Serving Size: 1 Scoop (26g)  
Servings Per Container: About 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	80	Beet (Beta vulgaris) Root Extract	500mg †
Total Carbohydrate	2g 1%**	L-Leucine	3g †
Total Sugars	1g †	L-Isoleucine	1.5g †
Includes 1g Added Sugars	2%**	L-Valine	1.5g †
Calcium	50mg 4%	L-Tyrosine	1.5g †
Sodium	230mg 10%	Caffeine Anhydrous	300mg †
Potassium	75mg 2%	Huperzine A (from Toothed Oubmoos (Huperzia serrata) Aerial Parts Extract)	50mcg †
		Betaine (Trimethylglycine)	1.5g †
Creatine HCl (as CON-CRE1™)	2g †	Black Pepper (Piper nigrum) Fruit Extract (as BioPerine®)	5mg †
Beta-Alanine	2g †		
Taurine	1g †		
Alpha-Glycerol Phosphoryl	150mg †		
Choline			
Citrulline Malate	6g †		

OTHER INGREDIENTS: Dextrose, Disodium Phosphate, Natural and Artificial Flavors, Acesulfame Potassium, Sucralose, Calcium Silicate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), FD&C Yellow #5, FD&C Red #40.

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

DISTRIBUTED BY: PhD Fitness, 31300 Via Colinas #101, Westlake Village, CA 91362 USA 1-888-657-7774  
Made in the USA with domestic and international ingredients.

**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.

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REINFORCED<sup>®</sup>  
CON-CRET<sup>®</sup> is a registered trademark of Veno Systems, Inc. Patented.  
[www.concretfitness.com/products](https://www.concretfitness.com/products)

**NO-1<sup>®</sup>**  
NITRATE  
NO-1<sup>®</sup> is a registered trademark of Thorne, Inc. International

**BIOPERINE<sup>®</sup>**  
BioPerine<sup>®</sup> is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers: 5,554,556; 5,744,361; 5,972,382; 6,064,585

**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](https://www.P65Warnings.ca.gov/food).



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