



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:

@JimStoppaniPhD or JYMSupps.com



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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

*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.

PREJYM®

HIGH-PERFORMANCE
PRE-WORKOUT

6g[†]
BCAAS

6g[†]
CITRULLINE MALATE

2g[†]
CREATINE HCL

2g[†]
BETA-ALANINE

1.5g[†]
BETAINE



LEMON RAZZ
NATURALLY & ARTIFICIALLY FLAVORED



*PER SERVING | 28 SERVINGS
DIETARY SUPPLEMENT

NET WEIGHT: 28.6 OZ (1.8 LBS) (812g)

Supplement Facts

Serving Size: 1 Scoop (29g)
Servings Per Container: About 28

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	100	Beet (<i>Beta vulgaris</i>) Root Extract	500mg †
Total Carbohydrate	5g 2%**	L-Leucine	3g †
Total Sugars	4g †	L-Isoleucine	1.5g †
Includes 3g Added Sugars	6%**	L-Valine	1.5g †
Calcium	30mg 2%	L-Tyrosine	1.5g †
Sodium	380mg 17%	Caffeine Anhydrous	300mg †
Creatine HCl (as CON-CRET™)	2g †	Hyperzine A (from Toothed Clubmoss (<i>Huperzia serrata</i>) Aerial Parts Extract]	50mcg †
Beta-Alanine	2g †	Black Pepper (<i>Piper nigrum</i>) Fruit Extract (as BioPerine®)	5mg †
Betaine (Trimethylglycine)	1.5g †		
Taurine	1g †		
Alpha-Glycerol Phosphoryl Choline	150mg †		
Citrulline Malate	6g †		

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

OTHER INGREDIENTS: Cane Sugar, Sodium Citrate, Natural Flavor, Stevia (*Stevia rebaudiana*) Leaf Extract, Salt, Calcium Silicate, Sunflower Lecithin, Monk Fruit Extract.

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

DISTRIBUTED BY:
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CON-CRET®

CON-CRET® is a registered trademark of Veno Systems, Inc. Patents: www.venosystems.com/patents

NO3T

NO3T® is a registered trademark of ThermoLife International

BioPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers: 5,534,556; 5,744,161; 5,972,382; 6,064,585.

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.

Made in the USA with domestic and international ingredients.



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