



For questions regarding JYM products go to:
 @JimStappan @JimStappanPHD
 or JYMsupplementScience.com
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WARNINGS: Do not use if you are under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. Discontinue two weeks prior to surgery.

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: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose call a doctor or poison control center immediately.

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.

*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.

BIOPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0010868, JP0953513 and CA2247467.

JYM
 SUPPLEMENT SCIENCE

VITA

120mcg
 VITAMIN K2
 PER SERVING

500mcg
 VITAMIN B12
 PER SERVING

200mcg
 CHROMIUM FROM
 CHROMIUM PICOLINATE
 PER SERVING

MULTI-VITAMIN

MICRONUTRIENT FORMULA FOR
 ATHLETES TO HELP SUPPORT
 OVERALL HEALTH AND WELL-BEING*

DIETARY SUPPLEMENT
 60 TABLETS

Supplement Facts

Serving Size: 2 Tablets
 Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3,000mcg 333%	Copper (as Copper Gluconate)	3mg 333%
Vitamin C (as Ascorbic Acid)	250mg 278%	Manganese (as Manganese Gluconate)	2.3mg 100%
Vitamin E (as d-alpha-Tocopheryl Succinate)	268.5mg 1790%	Chromium (as Chromium Picolinate)	200mcg 571%
Thiamin (as Thiamin Mononitrate)	100mg 8333%	Molybdenum (as Sodium Molybdate)	45mcg 100%
Riboflavin (Vitamin B2)	100mg 7692%	Potassium (as Potassium Citrate)	100mg 2%
Niacin (Niacinamide)	100mg 625%	Black Pepper (Piper nigrum) Fruit Extract (as BioPerine®)	5mg †
Vitamin B6 (as Pyridoxine Hydrochloride)	100mg 5882%	Boron (as Boron Amino Acid Chelate)	3mg †
Folate (400 mcg Folic Acid)	667mcg DFE 167%	Silica (as Silicon Dioxide)	2mg †
Vitamin B12 (as Cyanocobalamin)	500mcg 20833%	Vitamin K2 (as Menaquinone-7 (MK-7) (K2VITAL®) and Menaquinone-4 (MK-4))	120mcg †
Biotin	300mcg 1000%	Vanadium (as Vanadium Amino Acid Chelate)	10mcg †
Pantothenic Acid (as Calcium d-Pantothenate)	100mg 2000%	Nickel (as Nickel Sulfate)	5mcg †
Iron (as Ferrous Fumarate)	18mg 100%	† Daily Value not established	
Iodine (as Potassium Iodide)	150mcg 100%		
Selenium (as Sodium Selenate)	200mcg 364%		

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Film Coat (Hypromellose, Polyethylene Glycol, Hydroxypropyl Cellulose), Magnesium Stearate.

DIRECTIONS: Take 2 tablets with a meal such as breakfast every day.

K2VITAL®
 K2VITAL is a registered trademark of Kappa Bioscience AS.

INGREDIENTS BY PHD FORMULA: 3100 Mcg Vitamin B12
 100mcg Vitamin B12 (as Cyanocobalamin) 100 100%
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