

**Built by Science.  
Driven by Obsession.  
Elevated Through Innovation.**

If it's on our labels, then it's in our bottles. Get LIT™ AF and train with the evolution of focus, power and pumps.\*

**Proven Ingredients.  
Proven Doses.  
Clinical Quality.  
Real Science.  
Real Results.**



**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

For More Information:  
1-888-462-2548

**BEYONDRAW.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

\* 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.

# BEYOND RAW® LIT™ AF

## ADVANCED FORMULA CLINICAL STRENGTH PRE-WORKOUT

**GUMMY WORM**

NATURAL & ARTIFICIAL FLAVOR

**300mg**

CAFFEINE

**8g**

L-CITRULLINE  
MALATE

**400mg**

PEAK ATP®

**1.5g**

NITROSIGINE®

**20 SERVINGS**

DIETARY SUPPLEMENT

NET WT 16.21 OZ (1.01 LB) 459.6 G

**CODE 369706**

**DIRECTIONS:** As a dietary supplement, mix one scoop in 10 fl. oz. of cold water and consume pre-workout. On non-training days, consume one serving for additional energy and focus.\* Consume ample amounts of water while taking this product. Do not take close to bedtime.

**GUG**

## Supplement Facts

Serving Size One Scoop (22.98 g)  
Servings Per Container 20

Amount Per Serving	% Daily Value	
Calories	20	
Total Carbohydrate	5 g	2%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Sugar Alcohols	0 g	*
Calcium	150 mg	12%
Sodium	40 mg	2%
Potassium	200 mg	4%

<b>LIT™ Advanced Formula</b>	<b>19.05 g</b>	*
L-Citrulline Malate 2:1	8 g	*
CarnoSyn® Beta-Alanine	3.2 g	*
BETAPOWER® Betaine Anhydrous	2.5 g	*
Micronized Creatine (as Creatine Monohydrate)	2 g	*
Nitrosigine® (Arginine Silicate Inositol)	1.5 g	*
Taurine	1 g	*
PEAK ATP® (Adenosine 5'-Triphosphate Disodium)	400 mg	*
Caffeine Blend	300 mg	*
Rapid Release as Caffeine Anhydrous (250 mg)		
Targeted Release as ZümXR® Caffeine (50 mg)		
Alpha-GPC (alpha-Glycerol Phosphoryl Choline)	150 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established.

**OTHER INGREDIENTS:** Natural & Artificial Flavors, Potassium Citrate, Calcium Silicate, Sucralose, Calcium Carbonate, Acesulfame Potassium, Dicalcium Phosphate, Shellac, Magnesium Stearate, Silicon Dioxide, FD&C Yellow #5, FD&C Blue #1, Hydroxypropyl Methylcellulose, Sorbitol, Glycerin, Acetylated Monoglycerides, Polysorbate 80, Potassium Sorbate, Magnesium Silicate Hydroxide.

**CONTAINS:** Soybeans.

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age or have a medical condition. Discontinue use two weeks prior to surgery. For adult use only. Taking this product may cause tingling and flushing sensations. These sensations may be enhanced if taken close to or during exercise. Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).

**NOTICE:** Significant product settling may occur.  
Gluten Free, Sugar Free.  
One serving supplies 300 mg of caffeine.

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