

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

If it's on our labels, then it's in our bottles. Get lit and train with focus, intensity and pumps.\*

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



**NOTICE:** Significant product settling may occur. Gluten Free. Sugar Free. This product contains 250 mg of caffeine per serving. **KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.**

**For More Information:**  
1-888-462-2548  
BEYONDRAW.COM

\* This statement has 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™

CLINICALLY DOSED  
PRE-WORKOUT

**JOLLY**  
rancher

**BLUE RASPBERRY**  
NATURAL & ARTIFICIAL FLAVOR

30 SERVINGS

NET WT 14.96 OZ (424.2 G)

DIETARY SUPPLEMENT

250mg

CAFFEINE

3g

L-CITRULLINE

3.2g

BETA-ALANINE

CODE 364412

**DIRECTIONS:** As a dietary supplement, mix one scoop in 8 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 near bedtime.

IWG

## Supplement Facts

Serving Size 1 Scoop (14.14 g)  
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Sodium	15 mg	1%
Potassium	100 mg	2%
<b>Energy &amp; Mental Intensity</b>	<b>5.2 g</b>	*
CarnoSyn® Beta-Alanine	3.2 g	*
Micronized Creatine (as Creatine Monohydrate)	1.5 g	*
Caffeine Anhydrous	250 mg	*
elevATP® (Ancient Peat & Apple Extract)	150 mg	*
NeuroFactor® (Coffea arabica)(fruit extract)	100 mg	*
<b>Pump &amp; N.O. Support</b>	<b>4.5 g</b>	*
L-Citrulline	3 g	*
Nitrosigine® (Arginine Silicate Inositol)	1.5 g	*

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

\* Daily Value not established.

**OTHER INGREDIENTS:** Citric Acid, Natural & Artificial Flavors, Malic Acid, Sucralose, Contains Less Than 1%: Acesulfame Potassium, Acetylated Monoglycerides, Calcium Silicate, FD&C Blue #1, Glycerin, Polysorbate 80, Potassium Sorbate, Shellac, Talc.

**Distributed by:** GNC Holdings, LLC, Pittsburgh, PA 15222 USA

Contains a bioengineered food ingredient.

**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).

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