

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

BLUE RASPBERRY

NATURAL & ARTIFICIAL FLAVOR

250mg

CAFFEINE

3g

L-CITRULLINE

3.2g

BETA-  
ALANINE

15 SERVINGS

NET WT 7.21 OZ (204.45 G)

DIETARY SUPPLEMENT

CODE 369802

**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.

**Supplement Facts**

Serving Size 1 Scoop (13.63 g)  
Servings Per Container 15

| Amount Per Serving             | % Daily Value |
|--------------------------------|---------------|
| Calories .....                 | 10            |
| Total Carbohydrate.....        | 3 g 1%†       |
| Total Sugars.....              | 0 g *         |
| Includes 0 g Added Sugars..... | 0%†           |
| Sodium.....                    | 15 mg 1%      |
| Potassium.....                 | 100 mg 2%     |

| Amount Per Serving                                | % Daily Value      |
|---|--------------------|
| <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® ( <i>Coffea arabica</i> ).....       | 100 mg.....*       |
| (fruit extract)                                   |                    |
| <b>Pump &amp; N.O. Support.....</b>               | <b>4.5 g.....*</b> |
| L-Citrulline.....                                 | 3 g.....*          |
| Nitrosigine® (Arginine Silicate Inositol).....    | 1.5 g.....*        |

**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, Soy Oil & Lecithin Blend, Talc. **CONTAINS: Soy.**  
**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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1mm Graphic,  
Varnish &  
Ink Free

↑ 9mm High Distortion Area  
Recommended Copy Free

1mm  
Free