

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

LEMON ICE

NATURAL & ARTIFICIAL FLAVOR

300mg

CAFFEINE

8g

L-CITRULLINE
MALATE

400mg

PEAK ATP®

1.5g

NITROSIGINE®

20 SERVINGS

NET WT 15.75 OZ (446.4 G)

DIETARY SUPPLEMENT

CODE 369734

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.

CUG

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

CONTAINS: Soybeans.

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

BETAPOWER® is a registered trademark of DuPont or its affiliates.

Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

Nitrosigine®, including the Nitrosigine® logo, is a registered trademark of Nutrition 21, LLC. Nitrosigine® is patent protected.

PEAK ATP® is a registered trademark of TSI USA Inc. and is used under license.

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Supplement Facts

Serving Size One Scoop (22.32 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	180 mg	14%
Sodium	40 mg	2%
Potassium	200 mg	4%

LIT™ Advanced Formula	19.05 g	*
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 based on a 2,000 calorie diet.
* Daily Value not established.