

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.

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%
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 are based on a 2,000 calorie diet.

* Daily Value not established.

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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.

NOTICE: Significant product settling may occur.

Gluten Free, Sugar Free.

One serving supplies 300 mg of caffeine.

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