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, power and pumps.*

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

0 48107 17272 5

FPO

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

BEYOND RAW®

LIT™

CLINICALLY DOSED PRE-WORKOUT

BLUE RASPBERRY

NATURAL & ARTIFICIAL FLAVOR

250mg CAFFEINE

3g L-CITRULLINE

3.2g BETA-ALANINE

DIETARY SUPPLEMENT

30 SERVINGS

NET WT 14.42 OZ (408.9 G)

CODE 369924 **HRG**

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.

Supplement Facts

Serving Size 1 scoop (13.63 g)
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	10	
Total Carbohydrates	3 g	1%†
Sugars	0 g	*
Sodium	15 mg	1%
Potassium	100 mg	3%
Energy & Mental Intensity	**5.2 g**	
CarnoSyn® Beta Alanine	3.2 g	*
Micronized Creatine (as Creatine Monohydrate)	1.5 g	*
Caffeine Anhydrous	250 mg	*
elevATP® (Ancient Peat and Apple Extract)	150 mg	*
NeuroFactor™ (*Coffea arabica*)(fruit)	100 mg	*
Pump & N.O. Support	**4.5 g**	
L-Citrulline	3 g	*
Nitrosigine® (Arginine Silicate Inositol)	1.5 g	*

† Percent Daily Value based on a 2,000 calorie diet.
* Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Malic Acid, Sucralose, Acesulfame Potassium, Soy Oil & Lecithin Blend, Calcium Silicate, Shellac, FD&C Blue #1, Hydroxypropyl Methylcellulose, Sorbitol, Glycerin, Acetylate Monoglycerides, Polysorbate 80, Potassium Sorbate, Magnesium Silicate Hydroxide.
CONTAINS: Soy.
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.
NOTICE: Significant product settling may occur.
Gluten Free. Sugar Free.
This product contains 250 mg of caffeine.

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* 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.