

**CAUTION:** - This product contains extremely potent concentrations of muscle fuel. It is designed to provide experienced athletes with explosive gains, bursts of energy and massive anabolic surges. Use only if you are ready to take your workout to the next level of athletic performance.

**CarnoSyn**  
Carnosine Synthesizer

Uses of beta-Alanine are licensed from Natural Alternatives International, Inc. under U.S. Patents 5,965,596; 6,172,098; and 6,426,361

**Capsimax**  
Capsimax™ trademark belongs to OmniActive Health Technologies.

**resVida**  
promotes healthy aging

ResVida® is a registered trademark of DSM.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

For more information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222

Place UPC Here  
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# RAVAGE

**POTENT, ULTRA CONCENTRATED PRE-WORKOUT HYBRID**

- + POWERFUL, SUPER CONCENTRATED VASODILATOR FOR ASTOUNDING MUSCLE PUMPS AND EXPLOSIVE POWER\*
- + BREAKTHROUGH NITRIC OXIDE ANABOLIC STACK FOR MAXIMUM TRAINING INTENSITY DRIVING ROCK HARD MUSCLE GAINS\*
- + FUELS MUSCLE VOLUMIZING WORKOUTS TO DELIVER STUNNING MUSCULARITY AND STRENGTH\*
- + INTRINSIC FATIGUE BUFFERS AND MUSCLE INTENSITY PUMPS FOR SUPERIOR ATHLETIC PERFORMANCE\*

**FRUIT PUNCH**

NATURAL & ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT

NET WT 18.31 OZ (1.14 LB) 520 G

CODE 826300

**DIRECTIONS:** As a dietary supplement, mix one scoop (26 grams) with 12 fl. oz. of water. Consume one serving 30 to 60 minutes before exercise. Only one ultra-concentrated scoop is needed.

## Supplement Facts

Serving Size One Scoop (26 g)  
Servings Per Container 20

| Amount Per Serving                                                                                                                                                                                                                                                                                       | % Daily Value |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Calories                                                                                                                                                                                                                                                                                                 | 15            |
| Calories from Fat                                                                                                                                                                                                                                                                                        | 5             |
| Total Fat                                                                                                                                                                                                                                                                                                | 0.5 g 1%†     |
| Total Carbohydrate                                                                                                                                                                                                                                                                                       | 2 g 1%†       |
| Sugars                                                                                                                                                                                                                                                                                                   | 1 g *         |
| Calcium                                                                                                                                                                                                                                                                                                  | 185 mg 19%    |
| Niacin (as Nicotinic Acid & Niacinamide)                                                                                                                                                                                                                                                                 | 30 mg 150%    |
| Chloride (as Potassium Chloride & Sodium Chloride)                                                                                                                                                                                                                                                       | 190 mg 6%     |
| Sodium (as Sodium Chloride)                                                                                                                                                                                                                                                                              | 80 mg 3%      |
| Potassium (as Potassium Chloride)                                                                                                                                                                                                                                                                        | 80 mg 2%      |
| Anabolic Muscle Primer                                                                                                                                                                                                                                                                                   | 5.3 g *       |
| Betaine Anhydrous, Micronized L-Leucine, Fenugreek Extract ( <i>Trigonella feonum</i> )(seed) (standardized for fenuside), HMB Powder, Saw Palmetto Extract ( <i>Serenoa repens</i> )(fruit), Yohimbe Powder ( <i>Pausinystalia yohimbe</i> )(bark), Wild Yam Extract ( <i>Dioscorea villosa</i> )(root) |               |
| Muscle Buffering System                                                                                                                                                                                                                                                                                  | 3.2 g *       |
| Micronized CarnoSyn® beta-Alanine, Astaxanthin                                                                                                                                                                                                                                                           |               |
| N.O. Vasodilation Amplifier                                                                                                                                                                                                                                                                              | 3.1 g *       |
| Micronized L-Arginine, Citrulline Malate, ResVida® trans-Resveratrol, Ornithine AKG, Cinnamon Extract ( <i>Cinnamomum cassia</i> )(bark)(standardized for trimeric, tetrameric Type-A polymers)                                                                                                          |               |

| Amount Per Serving                                                                                                                                                                                                                                                                           | % Daily Value |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| ATP Optimizing Creatine Module                                                                                                                                                                                                                                                               | 3.1 g *       |
| Micronized Creatine Monohydrate, Creatine Citrate, Creatine Ethyl Ester HCl, Creatine AKG, Creatine HCl, Micronized Guanidinoacetate, Micronized AKG, Micronized L-Arginine, Micronized L-Glycine, Micronized L-Methionine                                                                   |               |
| Thermo Energy Intensifier                                                                                                                                                                                                                                                                    | 603.3 mg *    |
| L-Taurine, Caffeine Blend (Anhydrous Caffeine, Piperine Beadlets [( <i>Piper nigrum</i> )(fruit)(standardized for black pepper)], Acetyl L-Carnitine, L-Phenylalanine, Capsimax™ Capsicum Fruit Extract ( <i>Capsicum annum</i> )(fruit)(standardized for capsaicinoids), Choline Bitartrate |               |

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

**OTHER INGREDIENTS:** Natural and Artificial Flavors, Citric Acid, Malic Acid, Lecithin, Calcium Silicate, Silicon Dioxide, Tartaric Acid, Sucralose, Acesulfame Potassium, FD&C Red #40.  
**CONTAINS: Soybeans.**  
Each serving supplies 200 mg of caffeine.  
**WARNING:** For adult use only. Use only as directed. Do not exceed recommended daily intake. Do not use this product if you are pregnant or lactating. If you are taking medication or have a medical condition, consult a physician before using this product.  
Discontinue use two weeks prior to surgery.  
**NOTICE:** Significant product settling may occur.

HLG

**HARNESS THE POWER OF BEYOND RAW™'S VISIONARY PRE-WORKOUT FUSION - ONLY ONE SCOOP NECESSARY!**

If you want to attain the ultimate in physique enhancement and athletic performance, you need a systematic plan of attack for success and nutrients that deliver to working muscles. **Beyond RAW™ Ravage** provides a pre-training, high-intensity explosion loaded with critical building blocks to generate super-charged workouts that produce unmatched muscularity, while triggering key anabolic factors in your body.\* Within minutes of taking **Ravage**, you'll experience the blitz of ingredients designed specifically to create blazing energy as you strive to achieve bare-knuckle intensity, chiseled vascularity, muscle hardness and sustained strength.

**SPECTACULAR MUSCLE PUMPS. PUNISHING STRENGTH. RAZOR SHARP FOCUS.**

**Beyond RAW™ Ravage** is a cutting-edge scientific formula that combines a N.O. Vasodilation Amplifier designed to rush muscle fueling factors and expand branched-chain amino acids into blood vessels, simultaneously triggering vasodilation and generating a massive anabolic environment.\* **Ravage** then adds an ATP Optimizing Creatine Module to ramp up high-energy ATP production, explosive muscle power and strength, while increasing the amount of stored creatine in the muscles and natural creatine production.\* Stacked on top is the Muscle Buffering System that activates an intrinsic fatigue controlling factor. To stimulate mental focus and intensity, **Ravage** adds a cascade of metabolic intensifiers that ignite calorie burning and fatty acid metabolism to intensify your neural drive, so you can shatter records and punch through sticking points.\* The result? Ferocious workouts, superior muscularity, and dominating athletic performance.\*

\*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.