

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.

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™

CLINICALLY DOSED
PRE-WORKOUT

RAINBOW CANDY

NATURAL & ARTIFICIAL FLAVOR

250mg

CAFFEINE

3g

L-CITRULLINE

3.2g

BETA-
ALANINE

30 SERVINGS

NET WT 14.67 OZ (415.8 G)

DIETARY SUPPLEMENT

CODE 364370

FUG

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 (13.86 g)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Sugar Alcohols	0 g	*
Sodium	10 mg	0%
Potassium	90 mg	2%
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 & Apple Extract)	150 mg	*
NeuroFactor™ (Coffea arabica)(fruit extract)	100 mg	*
Pump & N.O. Support	4.5 g	*
L-Citrulline	3 g	*
Nitrosigine® (Arginine Silicate Inositol)	1.5 g	*

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

OTHER INGREDIENTS: : Natural & Artificial Flavors, Citric Acid, Tartaric Acid, Sucralose,
Acesulfame Potassium, Soy Oil & Lecithin Blend, Calcium Silicate, Titanium Dioxide, Shellac,
FD&C Yellow #6, FD&C Red #40, Hydroxypropyl Methylcellulose, Sorbitol*, Glycerin,
Acetylated Monoglycerides, Polysorbate 80, Potassium Sorbate, Magnesium Silicate Hydroxide.

CONTAINS: Soybeans.

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.

Natural Alternatives
International (NAI) is the
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estate and registered
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elevATP® is a registered
trademark of VDF
FutureCeuticals, Inc.
elevATP® products are
protected by US patent
no. 9,327,005, used
under license.

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Nitrosigine® is patent
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NeuroFactor™ products
are protected by U.S.
and foreign patents and
pending applications.

^ Contributes to a
negligible amount of
sugar alcohols.