

Built By Science. Driven By Obsession. Elevated Through Innovation.

If it's on our labels, then it's in our bottles. Beyond Raw® Macros delivers a blend of proteins from animal and plant sources plus fruits, veggies, grains and dietary fats. What's more, Macros doesn't contain soy, dairy or whey protein ingredients, and it's lactose free. Real nutrition that's customizable to fit your macros.

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

BEYOND RAW®

MACROS

WHOLE FOODS BASED MEAL SUPPLEMENT

ROLLED OATS & HONEY

NATURAL & ARTIFICIAL FLAVOR

40g

LEAN PROTEIN†

30g

COMPLEX CARBS*

5g

DIETARY FATS†

2g

SUGARS*

*Per 2 scoops

DIETARY SUPPLEMENT

24 SERVINGS

NET WT 4.44 LB (71.11 OZ) 2016 G

CODE 369795

DIRECTIONS: As a dietary supplement, mix two rounded scoops (84 g) into 12 fl. oz. of water for a full serving, or one rounded scoop (42 g) into 6 fl. oz. of water for a ½ serving. Customize your serving size as needed to fit your macros.

Supplement Facts

Amount Per Serving	% Daily Value	% Daily Value
Serving Size	1 Scoop (42 g)	2 Scoops (84 g)
Servings Per Container	48	24
Amount Per Serving	% Daily Value	% Daily Value
Calories	160	330
Total Fat	2.5 g	5 g
Saturated Fat	1.5 g	3 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Total Carbohydrate	15 g	30 g
Dietary Fiber	2 g	4 g
Total Sugars	1 g	2 g
Includes 0 g Added Sugars	0%	0%
Protein	20 g	40 g
Vitamin A (as Vitamin A Palmitate)	112.5 mcg RAE	225 mcg RAE
Vitamin C (as Ascorbic Acid)	11.25 mg	22.5 mg
Vitamin D (as Cholecalciferol D-3)	2.5 mcg (100 IU)	5 mcg (200 IU)
Vitamin E (as d-alpha Tocopheryl Acetate)	1.875 mg	3.75 mg
Vitamin K (as Phytonadione)	15 mcg	30 mcg
Thiamin (as Thiamin Mononitrate)	0.15 mg	0.3 mg
Riboflavin	0.1625 mg	0.325 mg
Niacin (as Niacinamide)	2 mg	4 mg
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.2125 mg	0.425 mg
Folate	50 mcg DFE (29.44 mcg Folic Acid)	100 mcg DFE (59.88 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	0.3 mcg	0.6 mcg
Biotin	3.75 mcg	7.5 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	0.625 mg	1.25 mg
Choline (as Choline Bitartrate)	13.75 mg	27.5 mg
Calcium (as Tricalcium Phosphate & Tricalcium Citrate)	162.5 mg	325 mg

Amount Per Serving	% Daily Value	% Daily Value
Iron (as Ferric Sulfate)	2.25 mg	4.5 mg
Phosphorus (as Tricalcium & Dipotassium Phosphate)	156.25 mg	312.5 mg
Iodine (as Potassium Iodide)	18.75 mcg	37.5 mcg
Magnesium (as Magnesium Oxide)	52.5 mg	105 mg
Zinc (as Zinc Oxide)	1.375 mg	2.75 mg
Copper (as Copper Gluconate)	0.1125 mg	0.225 mg
Manganese (as Manganese Sulfate)	0.2875 mg	0.575 mg
Molybdenum (as Sodium Molybdate)	5.625 mcg	11.25 mcg
Sodium	240 mg	480 mg
Potassium (as Dipotassium Phosphate)	235 mg	470 mg
Complex Carb Blend	15 g	30 g
Grains & Legumes (Oat Flour, Pea Starch, Quinoa Powder)	9.1 g	18.2 g
Other Carbs (Protein Blend, Fat Blend, Flavors)	3.65 g	7.3 g
Veggie Blend (Sweet Potato Powder, Amaranth Powder, Broccoli Powder, Kale Powder)	1.25 g	2.5 g
Fruit Blend (Banana Powder, Wild Blueberry Powder, Raspberry Powder, Acerola Fruit Juice Powder)	1 g	2 g
Protein Blend	20 g	40 g
Animal Proteins (Beef Protein Isolate, Chicken Protein Isolate, Egg Albumin)	15 g	30 g
Plant Proteins (Pea Protein, Brown Rice Protein, Chickpea Protein, Quinoa Powder)	5 g	10 g
Dietary Fats Blend (Flaxseed Powder, MCT Oil, Other Fats)	2.5 g	5 g

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

OTHER INGREDIENTS: Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Sucralose.
CONTAINS: Eggs and Tree Nuts (Coconut).
WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.
NOTICE: Significant product settling may occur. Use this product as a food supplement only. Do not use for weight reduction. Gluten Free, Does Not Contain Soy Ingredients, Does Not Contain Dairy or Whey Protein Ingredients.

FTG