

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
per serving.

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

For More Information:
1-888-883-2548

BEYONDRAN.COM

*This statement has 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

**JOLLY
rancher**

BLUE RASPBERRY
NATURAL & ARTIFICIAL FLAVOR

250mg

CAFFEINE

3g

L-CITRULLINE

3.2g

BETA-
ALANINE

30 SERVINGS

NET WT 14.96 OZ (424.2 G)

DIETARY SUPPLEMENT

CODE 384412

IVG

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 (14.14 g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	15
Total Carbohydrate	4g 1%
Total Sugars	0g *
Includes 0g Added Sugars	0%
Sodium	15mg 1%
Potassium	100mg 2%
Energy & Mental Intensity	6.2g *
CarnoSyn® Beta-Alanine	3.2g *
Micronized Creatine (as Creatine Monohydrate)	1.5g *
Caffeine Anhydrous	250mg *
eleuATP® (Ancient Peel & Apple Extract)	150mg *
NeuroFactor® (Coffee arabica fruit extract)	100mg *
Pump & H.D. Support	4.5g *
L-Citrulline	3g *
Nitroagine® (Arginine Silicate Inositol)	1.5g *

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

* Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural & Artificial Flavors, Malic Acid, Sucralose, Contains
Less Than 1%: Acesulfame Potassium, Acetylated Monoglycerides, Calcium Silicate, FD&C
Blue #1, Glycine, Polysorbate 80, Potassium Sorbate, Shellac, Talc.

Distributed by: GNC Holdings, LLC, Pittsburgh, PA 15222 USA

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.P80Warnings.ca.gov/food.

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JOLLY RANCHER
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