



GNC BEYOND RAW® RAVAGE™ is a high-intensity, pre-workout explosion of energy, power and strength. This next-generation formula targets extreme muscle pumps, strength, power and mental focus.*

- Anabolic primers for muscle protein synthesis and punishing strength and power*
- Powerful precursors to generate ATP for muscle cell energy and insane N.O. Pumps*
- Potent antioxidants to drive ROS cell defense for the ultimate muscle cell protection and recovery*
- The Mind Muscle Matrix for increased calorie burning, muscle performance, and mental intensity*

Mentally prepare yourself for hardcore training and dominate your results with this intense pre-workout. Prepare yourself. Experience the difference. Go beyond basic — get **BEYOND RAW®**!

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.

* 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.

**GNC
BEYOND
RAW®**

RAVAGE™

MUSCLE-BUILDING* PRE-WORKOUT

- + **INSANE MUSCLE PUMPS & N.O. INTENSIFIERS***
Arginine, Citrulline, Glycerol & Agmatine
- + **EXTREME ENERGY, STRENGTH & POWER***
3g Creatine, 2.5g Betaine & 3.2g Beta-Alanine
- + **POWERFUL MIND MUSCLE MATRIX**
muscle-building*, calorie burning & mental intensity*
- + **TRAIN BEYOND YOUR LIMITS**
1 fully loaded scoop targets hardcore results*

RASPBERRY TWIST
NATURAL & ARTIFICIAL FLAVOR

DIETARY SUPPLEMENT
NET WT 15.3 oz (434 g)

CODE 826374 **HQ6**
DIRECTIONS: As a dietary supplement, mix one scoop (21.7 g) with 12 to 16 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 (21.7 g)	
Servings Per Container 20	
Amount Per Serving	% Daily Value
Calories	30
Calories from Fat	20
Total Fat	2 g 3%†
Saturated Fat	1.5 g 8%†
Total Carbohydrate	2 g 1%†
Niacin (as Nicotinic Acid)	20 mg 100%
Calcium	11 mg 1%
Sodium	20 mg <1%
Potassium	10 mg <1%
Mind Muscle Matrix	
Caffeine	200 mg *
Choline (as Choline Bitartrate)	100 mg *
L-Tyrosine	100 mg *
Capsimax® Fruit Extract (Capsicum annuum)	100 mg *
Zembrin® Sceletium tortuosum Extract (aerial parts)	25 mg *
Piperine Beadlets (Piper nigrum)(fruit)(Standardized for Black Pepper)	5 mg *
Advanced Power Maximizer	
Betaine (as BETAPOWER® Betaine Anhydrous)	2.5 g
Micronized L-Leucine	2 g *
Rhodiola Rosea Extract (Rhodiola rosea L.)(root)	100 mg *
Hardcore Pump Intensifier	
Arginine (as L-Arginine AKG)	1 g *
Glycerol (as Glycerol Stearate)	500 mg *
Agmatine (as Agmatine Sulfate)	250 mg *
Micronized L-Citrulline	200 mg *
resVida® trans-Resveratrol	30 mg *
Yohimbe Bark Powder (Pausinystalia yohimbe)(bark)	25 mg *
Muscle Cell Module	
Creatine (as Micronized Creatine Monohydrate, Creatine HCl)	3 g *
L-Methionine	100 mg *

Amount Per Serving	% Daily Value
Muscle & Joint Optimizer	
CarnoSyn® Beta-Alanine	3.2 g *
Fast-Acting Proprietary Blend (Chinese Skullcap Root Extract [Scutellaria baicalensis], Cutch Tree Bark Extract [Acacia catechu])	62.5 mg *

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

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Tartaric Acid, Acesulfame Potassium, FD&C Red #40.

WARNING: Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake. Consult your physician prior to using this product if you are pregnant, nursing, under 18 years of age or taking medication. Discontinue use two weeks prior to surgery. This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

NOTICE: Significant product settling may occur. Each serving supplies 200 mg of caffeine. Zembrin® is a trademark of HG&H Pharmaceuticals (Pty) Limited. U.S. Patent #6,288,104. Capsimax® trademark belongs to OmniActive Health Technologies. resVida® is a trademark of DSM. BETAPOWER® is a registered trademark of DuPont or its affiliates. Natural Alternatives International (NAI) is the owner of the patent estate and registered trademark CarnoSyn®.

*When used in conjunction with regular resistance training.

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
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