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 vourself. 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.

GNC

## 

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\*



DIETARY SUPPLEMENT NET WT 15.3 oz (434 g)

**CODE 826374** 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

## Amount Day Consino 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 annui	um) 100 mg	*
Zembrin® Sceletium tortuosum Extract (aerial parts)	25 mg	*
Piperine Beadlets (Piper nigrum)(fruit)(Standardized for B	5 mg lack Pepper)	*
Advanced Power Maximizer		
Betaine (as BETAPOWER® Betaine Anhyo	drous) 2.5 g	
Micronized L-Leucine	2 g	*
Rhodiola Rosea Extract (Rhodiola rosea L.)(root)	100 mg	
Hardcore Pump Intensifier		

1 a

500 mg

250 ma

200 mg

30 ma

25 mg

3 q

100 ma

Arginine (as L-Arginine AKG)

Glycerol (as Glycerol Stearate)

Micronized L-Citrulline

Yohimbe Bark Powder

Creatine

L-Methionine

resVida® trans-Resveratrol

(Pausinystalia yohimbe)(bark) Muscle Cell Module

(as Micronized Creatine Monohydrate, Creatine HCI)

Agmatine (as Agmatine Sulfate)

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	

THER INGREDIENTS: Citric Acid. Natural nd Artificial Flavor, Malic Acid, Sucralose, licon Dioxide, Calcium Silicate, Tartaric cid. Acesulfame Potassium, FD&C Red #40. ARNING: Not intended for use by those ith a medical condition. Use only as rected. Do not exceed recommended daily take. Consult your physician prior to using is product if you are pregnant, nursing. der 18 years of age or taking medication. scontinue use two weeks prior to surgery. is product contains a chemical known to ne State of California to cause birth defects other reproductive harm

OTICE: Significant product settling may occur. ich serving supplies 200 mg of caffeine.

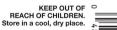
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TAPOWER® is a registered trademark of DuPont or its affiliates. tural Alternatives International (NAI) is the owner of the patent

ate and registered trademark CarnoSyn®

When used in conjunction with regular resistance training.



For More Information: 1-888-462-2548 Distributed by: General Nutrition Corporation



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.