

**Built by Science.
Driven by Obsession.
Elevated Through Innovation.**

If it's on our labels, then it's in our bottles. Get LIT™ AF and train with the evolution of focus, power and pumps.*

**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

* 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™ AF

ADVANCED FORMULA CLINICAL STRENGTH PRE-WORKOUT

ICED TEA / LEMONADE

NATURAL & ARTIFICIAL FLAVOR

300mg

CAFFEINE

8g

L-CITRULLINE
MALATE

400mg

PEAK ATP®

1.5g

NITROSIGINE®

20 SERVINGS

NET WT 16.20 OZ (1.01 LB) 459.4 G

DIETARY SUPPLEMENT

CODE 369779

DIRECTIONS: As a dietary supplement, mix one scoop in 10 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 close to bedtime.

Supplement Facts

Serving Size One Scoop (22.97 g)
Servings Per Container 20

Amount Per Serving	% Daily Value	
Calories	25	
Total Carbohydrate	6 g	2%†
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%†
Sugar Alcohols	0 g	*
Calcium	210 mg	16%
Sodium	45 mg	2%
Potassium	230 mg	5%

LIT™ Advanced Formula	19.05 g	*
L-Citrulline DL-Malate 2:1	8 g	*
CarnoSyn® Beta-Alanine	3.2 g	*
BETAPOWER® Betaine Anhydrous	2.5 g	*
Micronized Creatine (as Creatine Monohydrate)	2 g	*
Nitrosigine® (Arginine Silicate Inositol)	1.5 g	*
Taurine	1 g	*
PEAK ATP® (Adenosine 5'-Triphosphate Disodium)	400 mg	*
Caffeine Blend	300 mg	*
Rapid Release as Caffeine Anhydrous (250 mg)		
Targeted Release as ZümXR® Caffeine (50 mg)		
Alpha-GPC (alpha-Glycerol Phosphoryl Choline)	150 mg	*

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

LUG

OTHER INGREDIENTS: Natural & Artificial Flavors, Potassium Citrate, Calcium Carbonate, Calcium Silicate, Sucralose, Contains Less Than 1%: Acesulfame Potassium, Acetylated Monoglycerides, Caramel Color, Cellulose, Glycerin, Polysorbate 80, Potassium Sorbate, Shellac, Silicon Dioxide, Talc, Tricalcium Phosphate.

CONTAINS: Soybeans.

Distributed by:
General Nutrition Corporation
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.P65Warnings.ca.gov/food.

NOTICE: Significant product settling may occur. Gluten Free, Sugar Free. One serving supplies 300 mg of caffeine.

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