

**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.**

# 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

**24 SERVINGS**

DIETARY SUPPLEMENT

NET WT 4.44 LB (71.11 OZ) 2016 G



**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

CODE 369795

FTG

**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

	1 Scoop (42 g)	2 Scoops (84 g)
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 3%†	5 g 6%†
Saturated Fat	1.5 g 8%†	3 g 15%†
Trans Fat	0 g	0 g
Cholesterol	10 mg 3%†	20 mg 7%†
Total Carbohydrate	15 g 5%†	30 g 11%†
Dietary Fiber	2 g 7%†	4 g 14%†
Total Sugars	1 g *	2 g *
Includes 0 g Added Sugars	0%†	0%†
Protein	20 g 40%†	40 g 80%†
Vitamin A (as Vitamin A Palmitate)	112.5 mcg RAE 12.5%	225 mcg RAE 25%
Vitamin C (as Ascorbic Acid)	11.25 mg 12.5%	22.5 mg 25%
Vitamin D (as Cholecalciferol D-3)	2.5 mcg (100 IU) 12.5%	5 mcg (200 IU) 25%
Vitamin E (as d-alpha Tocopheryl Acetate)	1.875 mg 12.5%	3.75 mg 25%
Vitamin K (as Phytonadione)	15 mcg 12.5%	30 mcg 25%
Thiamin (as Thiamin Mononitrate)	0.15 mg 12.5%	0.3 mg 25%
Riboflavin	0.1625 mg 12.5%	0.325 mg 25%
Niacin (as Niacinamide)	2 mg 12.5%	4 mg 25%
Vitamin B-6 (as Pyridoxine Hydrochloride)	0.2125 mg 12.5%	0.425 mg 25%
Folate	50 mcg DFE (29.44 mcg Folic Acid) 12.5%	100 mcg DFE (59.88 mcg Folic Acid) 25%
Vitamin B-12 (as Cyanocobalamin)	0.3 mcg 12.5%	0.6 mcg 25%
Biotin	3.75 mcg 12.5%	7.5 mcg 25%
Pantothenic Acid (as d-Calcium Pantothenate)	0.625 mg 12.5%	1.25 mg 25%
Choline (as Choline Bitartrate)	13.75 mg 3%	27.5 mg 5%
Calcium (as Tricalcium Phosphate & Tricalcium Citrate)	162.5 mg 12.5%	325 mg 25%

	% Daily Value	% Daily Value
Iron (as Ferric Sulfate)	2.25 mg 12.5%	4.5 mg 25%
Phosphorus (as Tricalcium & Dipotassium Phosphate)	156.25 mg 12.5%	312.5 mg 25%
Iodine (as Potassium Iodide)	18.75 mcg 12.5%	37.5 mcg 25%
Magnesium (as Magnesium Oxide)	52.5 mg 12.5%	105 mg 25%
Zinc (as Zinc Oxide)	1.375 mg 12.5%	2.75 mg 25%
Copper (as Copper Gluconate)	0.1125 mg 12.5%	0.225 mg 25%
Manganese (as Manganese Sulfate)	0.2875 mg 12.5%	0.575 mg 25%
Molybdenum (as Sodium Molybdate)	5.625 mcg 12.5%	11.25 mcg 25%
Sodium	240 mg 10%	480 mg 21%
Potassium (as Dipotassium Phosphate)	235 mg 5%	470 mg 10%
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.