

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix one scoop (1 serving) of GHOST LEGEND® with 6-8oz of water or beverage of choice. Start with less than 1 scoop to assess your tolerance. Consume prior to exercise on training days.

GHOST LEGEND® WAS CONCEIVED TO POWER LEGENDRY IN ALL OF ITS FORMS*



FITNESS



SPORT



WORK/STUDY



PARTY

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE. Before using this product, consult a licensed, qualified healthcare professional, especially if: you are taking any prescription or over-the-counter medications or other dietary supplements, or if you have, or have been treated for, diagnosed with or have a family history of, any medical condition. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant, nursing, or trying to become pregnant. This product contains 202mg of Caffeine per serving and may not be suitable for individuals who are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use two weeks prior to surgery. Consuming this product within 4 hours of bedtime may cause difficulty sleeping. Beta Alanine may cause a harmless, temporary tingling sensation. Consume as part of a healthy diet and exercise program, and drink plenty of water.

California Prop 65 Warning: This product may expose you to chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTLING MAY OCCUR.

MANUFACTURED IN THE U.S.A.
IN A GMP COMPLIANT FACILITY
This product contains ingredients of international and domestic origin

MANUFACTURED FOR GHOST® 170 Green Valley Parkway, Suite 300
Henderson, NV 89012, U.S.A. 1-844-GHOST-88 (446-7888)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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30 | LEGEND®
SERVINGS | PRE-WORKOUT
DIETARY SUPPLEMENT NET WT. 13.2oz (375g)

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (12.5 g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Potassium	8 mg	<1%
GHOST LEGEND® x WELCH'S® GRAPE		
L-Citrulline	4000 mg	†
Beta-Alanine	2000 mg	†
Welch's® Concord Grape Powder	625 mg	†
Agmatine Sulfate	500 mg	†
Norvaline	100 mg	†
GHOST® SMART ENERGY		
Taurine	1000 mg	†
Caffeine	202 mg	†
Caffeine Anhydrous (165mg)		
Di-Caffeine Malate (50mg delivering 37mg Caffeine)		
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	150 mg	†
Rhodiola (<i>Rhodiola rosea</i>) Root extract	50 mg	†
Theobromine	50 mg	†
Olive (<i>Olea europaea</i>) Leaf extract (40% Oleuropein)	50 mg	†
NADH 10%	2.5 mg	†
Rauwolfia (<i>Rauwolfia vomitoria</i>) Root extract	1 mg	†

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

OTHER INGREDIENTS: CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, TARTARIC ACID, MALIC ACID, CALCIUM SILICATE, SILICON DIOXIDE, SUCRALOSE, ACESULFAME POTASSIUM, FD&C RED #40, FD&C BLUE #1. Welch's® is a registered trademark of Welch Foods, Inc. used under license. © 2018 Welch's.