

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix 2 scoops (1 serving) of **GHOST LEGEND®** with 8-10oz of water or beverage of choice. Vary amount of liquid to taste. Start with 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



PARTY



ENERGY*

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 250mg 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**
CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street
Las Vegas, NV 89118, U.S.A. 1-844-GHOST-88 (446-7888)

*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.

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BE SEEN®

25 | LEGEND®

**SERVINGS | PRE-WORKOUT
DIETARY SUPPLEMENT | NET WT. 13.7oz (388g)**



OCEAN WATER

NATURALLY AND ARTIFICIALLY FLAVORED

GHOST

SONIC



SUPPLEMENT FACTS

Serving Size: 2 Scoops (15.5 g)
Servings Per Container: 25

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%

GHOST LEGEND®

L-Citrulline (Vegan Fermented)	4000 mg	†
Beta-Alanine	3200 mg	†
Nitrosigine® (Inositol Stabilized Arginine Silicate)	1500 mg	†
Senactiv® (<i>Panax notoginseng</i> (root) and <i>Rosa roxburghii</i> (fruit)) extracts	50 mg	†

GHOST® SMART ENERGY

L-Tyrosine	1000 mg	†
Taurine	1000 mg	†
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	300 mg	†
Natural Caffeine (from Coffee (<i>Coffea</i> spp.) Bean)	250 mg	†
Theobromine	100 mg	†
AstraGin® (<i>Astragalus membranaceus</i> and <i>Panax notoginseng</i>) Root extracts	50 mg	†
Rauwolfia (<i>Rauwolfia vomitoria</i>) Root extract	1.5 mg	†

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

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Tartaric Acid, FD&C Blue #1

V VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE S SUGAR FREE

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SENACTIV Nitrosigine®

AstraGin®