



SUPPLEMENT FACTS

Serving Size: 1 Scoop (24.5 g)

Servings Per Container: 20

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as Ascorbic Acid)	250 mg	278%

GHOST LEGEND® ALL OUT

Full Yield Citrulline	6000 mg	†
L-Citrulline (Vegan Fermented) (4.66g delivering 4.52g Citrulline)		
Citrulline Nitrate (NO3-T®) (2g delivering 1.48g Citrulline)		

Beta Alanine	3200 mg	†
Betaine Anhydrous	2500 mg	†

GHOST® SMART ENERGY

L-Tyrosine (Vegan Fermented)	2000 mg	†
Alpha-GPC (Alpha-Glyceryl Phosphoryl Choline 50%) (delivering 300mg Alpha-GPC)	600 mg	†
Caffeine	400 mg	†
Caffeine Anhydrous (300mg)		
zumXR® Extended Release Caffeine (139mg delivering 100mg Caffeine)		
Theobromine	100 mg	†
Bitter Orange (<i>Citrus aurantium</i>) Fruit extract	60 mg	†

GHOST® ABSORPTION

AstraGin® (<i>Astragalus membranaceus</i> and <i>Panax notoginseng</i>) Root extracts	50 mg	†
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** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Silicon Dioxide, Calcium Silicate, Gum Acacia, Sucralose, Sodium Citrate, Potassium Citrate, Xanthan Gum, Acesulfame Potassium, FD&C Red #40.