SUGGESTED USE: DO NOT EXCEED 1 SERVING PER DAY, Mix one scoop (1 serving) of GHOST LEGEND® ALL OUT with 10-12oz of water or beverage of choice. New users, and those sensitive to stimulants, should start with 1/2 serving (1/2 scoop) to assess their personal tolerance. Consume prior to exercise on training days.

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



FITNESS









WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER, 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 400mg 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. Beta-Alanine may cause a harmless, temporary tingling sensation. Consuming this product within 4 hours of bedtime may cause difficulty sleeping.

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 IP SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTLING MAY OCCUR.

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street Las Vegas, NV 89118, U.S.A.



*These statements have not been evaluated by the Food and Drug Administration. This product is not ntended to diagnose, treat, cure or prevent any disease.



WWW.GHOSTLIFESTYLE.COM





20 LEGEND°龄

SERVINGS DIETARY SUPPLEMENT | NET WT. 14.1oz (400g)

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

	Amount Per Serving	%DV**
lories	5	
tal Carbohydrate	1 g	<1%
tary Fiber	0 g	0%
Total Sugars	0 g	
Includes 0g Added Sugars		
amin C (as Ascorbic Acid)	250 mg	278%
IOST LEGEND® ALL OUT		
I Viold Citrullino	pm 0004	+

ull Yield Citrulline	6000 mg	
L-Citrulline (Vegan Fermented) (4.66g delivering 4.52g Citrulline)		
Citrulline Nitrate (NO3-T®) (2g delivering 1.48g Citrulline)		
leta Alanine	3200 mg	†
letaine 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	t

zumXR® Extended Release Caffeine

GHOST® ABSORPTION AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts

OTHER INGREDIENTS: Natural and Artificial Flavor, Malic Acid, Citric Acid, Tartaric

Acid, Calcium Silicate, Silicon Dioxide, Sucralose, FD&C Blue #1

O VEGAN FRIENDLY @ GLUTEN FREE @ SOY FREE @ SUGAR FREE

Synephrine content in the Citrus Aurantium is 30mg per serving



50 mg