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*









OLDER. Before using this product, consult a licensed, qualified healthcare professional, especially it 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 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

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.P4SWarnings.cagev.

BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME. SOME SETTLING MAY OCCUR



*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

within 4 hours of bedtime may cause difficulty sleeping.

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SERVINGS | DIETARY SUPPLEMENT | NET WT. 14.8oz (420g)

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (21 g) Servings Per Container: 20

A	mount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%**
Total Sugars	0 g	†
Includes Og 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	Ť
Alpha-GPC (Alpha-Glyceryl Phosphoryl Choline (delivering 300mg Alpha-GPC)	50%) 600 mg	†
Caffeine	400 mg	
Caffeine Anhydrous (300mg)		
zumXR® Extended Release Caffeine (139mg delivering 100mg Caffeine)		
Theobromine	100 mg	†
Bitter Orange (Citrus aurantium) Fruit extract	60 mg	†
GHOST® ABSORPTION		
AstraGin® (Astragalus membranaceus and Pana. notoginseng) Root extracts	x 50 mg	t

OTHER INGREDIENTS: Natural Flavor, Citric Acid, Malic Acid, Gum Acacia, Silicon Dioxide, Calcium Silicate, Sucralose, Fruit and Vegetable Powder (for color) Acesulfame Potassium, Tartaric Acid.

Percent Daily Values (DV) are based on a 2,000 calorie diet.

MANUFACTURED FOR GHOST LLC 1700 S Pavilion Center Drive, Suite 640, Las Vegas, NV 89135, U.S.A. 1-844-GHOST-88 (446-7888)

Synephrine content in the Citrus aurantium is 30mg per serving

O VEGAN FRIENDLY GO GLUTEN FREE GO SOY FREE GO SUGAR FREE