

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix 1 scoop (1/2 serving) of GHOST® Pump with 6-8oz of water or beverage of choice, such as GHOST Legend®, 30 minutes before exercise on training days. Advanced users/users over 160lbs, mix 1-2 scoops with 10-12oz of water prior to training.

GHOST® PUMP WAS CONCEIVED TO INSPIRE ENVY IN ANY LIGHTING.*

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 if: you are taking any medications or other dietary supplement, or prescription drug; 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 or nursing, or trying to become pregnant. Discontinue use two weeks prior to surgery. This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. Do not use if you are taking erectile dysfunction medication. Do not take additional nitrates in the form of medication or dietary supplements along with this product.

Consume as part of a healthy diet and exercise program, and drink plenty of water and/or performance beverage such as GHOST® BCAA to stay hydrated.

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.

*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.

 **MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY**

This Product contains ingredients of international and domestic origin

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GHOST



20 P U M P
NITRIC OXIDE
SERVINGS | NET WT. 350g (12.3 oz)

LEMON LIME
NATURALLY AND ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 2 Scoops (17.5 grams)
Servings Per Container: 20

	Amount Per Serving	%DV**
Calories	10	
Total Carbohydrate	3g	1%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes 0g Added Sugars		
Vitamin C (as Ascorbic Acid)	250 mg	278%
L-Citrulline (Vegan Fermented)	4000 mg	†
Arginine Nitrate (NO3-T®)	2500 mg	†
Taurine	2000 mg	†
Glycerpump™ (Glycerol Powder 65%)	1500 mg	†
Norvaline	300 mg	†
Pine Bark (<i>Pinus pinaster</i>) Extract (95% Proanthocyanidins)	200 mg	†
Astragin® (<i>Astragalus membranaceus</i> & <i>Panax notoginseng</i>) Root extracts	50 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
†No Percent Daily Values have been established for these nutrients.

40 LEGENDARY SCOOPS GHOST® Pump stays 'comparable' nitric oxide products in just 1 scoop, but going all in with 2 scoops is a surefire recipe for a legendary pump.* Try standalone as a caffeine-free pre-training option, or add a scoop to your favorite pre-workout. **Use only as Directed.**

V VEGAN FRIENDLY G GLUTEN FREE S SOY FREE

Astragin®, NuLiv Science USA, NO3-T is a trademark of ThermoLife International, LLC
GlycerPump™ is a trademark of Pinnacle Ingredients



OTHER INGREDIENTS: POLYDEXTROSE, MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, SILICON DIOXIDE, CALCIUM SILICATE, TARTARIC ACID, XANTHAN GUM, SUCRALOSE, FD&C YELLOW #5, FD&C BLUE #1.