

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix each scoop (serving) of GHOST LEGEND® with 6-8oz of water or beverage of choice. For a WARHEADS® extreme sour experience, mix each scoop (serving) with 4oz of water. Start with 1 scoop or less to assess your tolerance. Consume prior to exercise on training days.

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



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, trying to become pregnant, or men or women that 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. This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. Beta Alanine may cause a harmless, temporary tingling sensation.

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

GHOST® 170 S. Green Valley Parkway, Suite 300, Henderson, NV 89012, U.S.A.
1-844-GHOST-88 (446-7888) www.ghostlifestyle.com

MANUFACTURED IN THE U.S.A. This product contains ingredients of international and domestic origin

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BE SEEN®

30 LEGEND®
PRE-WORKOUT
SERVINGS | NET WT. 375g (13.2 oz)



SOUR WATERMELON
NATURALLY AND ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

GHOST



SUPPLEMENT FACTS

Serving Size: 1 scoop (12.5 g)
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1g	<1%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Calcium	39 mg	3%
Potassium	41 mg	1%

GHOST Legend®		
L-Citrulline	4000 mg	†
CarnoSyn® Beta-Alanine	2000 mg	†
Agmatine Sulfate	500 mg	†
Norvaline	100 mg	†

GHOST® Smart Energy		
Taurine	1000 mg	†
Caffeine Anhydrous	165 mg	†
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	150 mg	†
Rhodiola (<i>Rhodiola rosea</i>) Root extract	50 mg	†
DiCaffeine Malate (delivering 37mg Caffeine)	50 mg	†
Theobromine	50 mg	†
Olive (<i>Olea europaea</i>) Leaf extract (40% Oleuropein)	50 mg	†
NADH 10%	2.5 mg	†
Rauwolfia (<i>Rauwolfia vomitoria</i>) Root extract	1 mg	†

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

OTHER INGREDIENTS: CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVORS, TARTARIC ACID, CALCIUM SILICATE, SILICON DIOXIDE, SUCRALOSE, FD&C RED #40
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