GHOST LEGEND® WAS CONCEIVED TO FOSTER LEGENDARY IN ALL OF ITS FORMS.

PHYSIQUE

MIND

PARTY

ENERGY

WARNING: THIS PRODUCT IS NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18 YEARS OF AGE. NOT FOR USE BY PREGNANT OR NURSING WOMEN. CONTAINS CAFFEINE. CONSUMPTION OF CAFFEINE IS NOT RECOMMENDED FOR CHILDREN, ADOLESCENTS, PREGNANT OR NURSING WOMEN. CONSULT A PHYSICIAN BEFORE USE IF YOU HAVE A MEDICAL CONDITION OR TAKE ANOTHER MEDICATION. DO NOT EXCEED RECOMMENDED DAILY SERVING. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. CONTAINS SOY BY-PRODUCTS. MAY CONTAIN TRACE AMOUNTS OF MILK, EGG AND TREE NUTS.

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.

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OUR SCOOP'S ALWAYS ON TOP

The patented GHOST® scoop ensures you never go digging for your next serving.

MANUFACTURED IN THE U.S.A. WITH DOMESTIC AND IMPORTED INGREDIENTS.

8 10128 52879 5

GHOST

30 SERVINGS | LEGEND® PRE-WORKOUT DIETARY SUPPLEMENT | NET WT. 23.8oz (675g)

SOUR STRIPS

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size 1 Scoop (22.4 g)
Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Proprietary Fat Burning Blend (Green Coffee Bean Extract, Green Tea Extract, Caffeine Anhydrous)	150 mg	†
Proprietary Energy Blend (Caffeine Anhydrous, Beta-Alanine, Taurine, L-Tyrosine)	400 mg	†

GHOST LEGEND®

L-Citrulline (Yield Fermented)	4000 mg	†
Beta-Alanine	3200 mg	†
Caffeine Anhydrous	300 mg	†
Creatine (as AlzChem Creapure®)	5 g	†
Proprietary Blend (Choline Bitartrate, Alpha GPC, Huperzine A)	1000 mg	†

GHOST® SMART ENERGY

Proprietary Energy Blend (Caffeine Anhydrous, Beta-Alanine, Taurine, L-Tyrosine)	400 mg	†
Proprietary Blend (Choline Bitartrate, Alpha GPC, Huperzine A)	1000 mg	†
Matcha Complex	300 mg	†
Proprietary Blend (Ashwagandha Root Extract, Rhodiola Rosea Extract, Bacopa Monnieri Extract)	150 mg	†
Electrolyte Blend (Sodium Citrate, Potassium Citrate, Magnesium Citrate)	150 mg	†
Matcha Green Tea Caffeine (Yield from Matcha Green Tea Extract)	50 mg	†
Proprietary Blend (Ashwagandha Root Extract, Rhodiola Rosea Extract, Bacopa Monnieri Extract)	150 mg	†

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

GLUTEN FREE | SOY FREE | SUGAR FREE

OTHER INGREDIENTS: Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium, Citric Acid, Red 40, Blue 1, Yellow 5.

CONTAINS: Soy.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, EGG, TREE NUTS, PEANUTS, WHEAT, SOY, FISH AND SHELLFISH.

DIRECTIONS: Mix 1 scoop (22.4 g) with 8 fl oz (240 ml) of water. Consume 20 minutes before physical activity. Do not exceed 2 servings per day.

GHOST® LEGEND® is a powerful pre-workout that is designed to fuel the three of GHOST®'s Core Forms of Energy.

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GHOST LEGEND®

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Caffeine Anhydrous	300 mg	†
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GHOST® SMART ENERGY

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Proprietary Blend (Choline Bitartrate, Alpha GPC, Huperzine A)	1000 mg	†
Matcha Complex	300 mg	†
Proprietary Blend (Ashwagandha Root Extract, Rhodiola Rosea Extract, Bacopa Monnieri Extract)	150 mg	†
Electrolyte Blend (Sodium Citrate, Potassium Citrate, Magnesium Citrate)	150 mg	†
Matcha Green Tea Caffeine (Yield from Matcha Green Tea Extract)	50 mg	†
Proprietary Blend (Ashwagandha Root Extract, Rhodiola Rosea Extract, Bacopa Monnieri Extract)	150 mg	†

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