SUGGESTED USE: DO NOT EXCEED 1 SERVING PER DAY. Mix 1 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 ½ serving (½ 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* SPORT PARTY ENERGY*

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, 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. 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. Discontinue use two weeks prior to surgery. Consuming this product within 4 hours of bedtime may cause difficulty sleeping. Beta Alanine may cause a harmless, temporary tingling sensation. Consume as part of a healthy diet and exercise program, and drink plenty of water.

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 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. This product is not intended to diagnose, treat, cure or prevent any disease.

OUR SCOOP'S ALWAYS ON TOP

The patented GHOST® nested scoop ensures you never go digging for your scoop again.

AT TIME OF FILL

AFTER SETTLING

MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN

US-V2

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FOLLOW US @GHOSTLIFESTYLE

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NEW NEW

GHOST®

BE SEEN®

20 SERVINGS | **LEGEND®** ALL OUT

PRE-WORKOUT

DIETARY SUPPLEMENT | NET WT. 15.9oz (450g)

WARHEADS

SOUR GREEN APPLE

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (22.5 g)
Servings Per Container: 20

	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1 g	<1%**
Total Sugars	0 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as Ascorbic Acid) (PureWay-C™)	250 mg	278%
GHOST LEGEND® ALL OUT		
Full Yield Citrulline	6000 mg	†
L-Citrulline (Vegan Fermented) (5.06g delivering 4.905g Citrulline)		
Citrulline Nitrate (NO3-T®) (1.5g delivering 1.095g Citrulline)		
Full Yield Beta-Alanine	3200 mg	†
Beta-Alanine (2.53g delivering 2.45g Beta-Alanine)		
Beta-Alanine Nitrate (NO3-T®) (1.25g delivering 0.75g Beta-Alanine)		
Full Yield Betaine	2500 mg	†
Betaine Anhydrous (1.89g delivering 1.85g Betaine)		
Betaine Nitrate (NO3-T®) (1g delivering 0.65g Betaine)		
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	†
Caffeine Anhydrous (300mg)		
zumXR® Extended Release Caffeine (139mg delivering 100mg Caffeine)		
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	390 mg	†
Theobromine	100 mg	†
Bitter Orange (*Citrus aurantium*) Fruit extract	60 mg	†
GHOST® ABSORPTION		
AstraGin® *Astragalus membranaceus* Root extract, *Panax notoginseng* Root extract	50 mg	†

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

VEGAN FRIENDLY · GLUTEN FREE · SOY FREE · SUGAR FREE

OTHER INGREDIENTS: Malic Acid, Natural and Artificial Flavors, Citric Acid, Tartaric Acid, Magnesium Oxide, Silicon Dioxide, Calcium Silicate, Sucralose, Spirulina Powder (for color), Turmeric Root Powder (for color).

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

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