

SUGGESTED USE: DO NOT EXCEED 1 SERVING PER DAY. Mix 1 scoop (1 serving) of GHOST LEGEND® with 8-10oz 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 300mg 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. 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.

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WWW.GHOSTLIFESTYLE.COM



OUR SCOOP'S ALWAYS ON TOP
The patented GHOST® nested scoop ensures you never go digging for your scoop again.



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



30 | LEGEND®
SERVINGS | PRE-WORKOUT
DIETARY SUPPLEMENT | NET WT. 22.2oz (630g)

GHOST



NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (21 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%**
Vitamin C (as Ascorbic Acid) (PureWay-C™)	135 mg	150%
Choline (from VitaCholine® Choline L(+) Bitartrate)	400 mg	73%
GHOST LEGEND®		
L-Citrulline (Vegan Fermented)	6000 mg	†
Beta-Alanine	3200 mg	†
Betaine Anhydrous	2500 mg	†
Senactiv® <i>Panax notoginseng</i> Root extract, <i>Rosa canina</i> Fruit extract	100 mg	†
GHOST® SMART ENERGY		
L-Tyrosine (Vegan Fermented)	2000 mg	†
Taurine	1000 mg	†
VitaCholine® Choline L(+) Bitartrate	1000 mg	†
Natural Caffeine	300 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Theobromine	100 mg	†
NeuroFactor™ Coffee (<i>Coffea arabica</i>) Fruit extract	100 mg	†
AstraGin® <i>Astragalus membranaceus</i> Root extract, <i>Panax notoginseng</i> Root extract	50 mg	†

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

OTHER INGREDIENTS: Natural and Artificial Flavors, Citric Acid, Malic Acid, Silicon Dioxide, Calcium Silicate, Calcium Carbonate, Sucralose, Tartaric Acid, Beet Root Powder (for color), Acesulfame Potassium.

MANUFACTURED FOR GHOST LLC 1700 S Pavilion Center Drive, Suite 640, Las Vegas, NV 89135, U.S.A.
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VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE SUGAR FREE

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AstraGin
NEUROFACTOR
SENACTIV
PUREWAY
VitaCholine