

**SUGGESTED USE:** DO NOT EXCEED 1 SERVING PER DAY. Mix one 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 1/2 serving (1/2 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.** 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. Discontinue use two weeks prior to surgery. Beta-Alanine may cause a harmless, temporary tingling sensation. Consuming this product within 4 hours of bedtime may cause difficulty sleeping.

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](http://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.**

**MANUFACTURED FOR GHOST LLC**  
5651 S Edmond Street  
Las Vegas, NV 89118, U.S.A.  
1-844-GHOST-88 (446-7888)

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

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[WWW.GHOSTLIFESTYLE.COM](http://WWW.GHOSTLIFESTYLE.COM)



\*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.

# GHOST



**SOUR GREEN APPLE**  
NATURALLY AND ARTIFICIALLY FLAVORED

**20 | LEGEND® ALL OUT**  
SERVINGS | PRE-WORKOUT  
DIETARY SUPPLEMENT | NET WT. 16.2oz (1lb) (460g)

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (23 g)  
Servings Per Container: 20

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Vitamin C (as Ascorbic Acid)	250 mg	278%
<b>GHOST LEGEND® ALL OUT</b>		
Full Yield Citrulline	6000 mg	†
L-Citrulline (Vegan Fermented) (4.66g delivering 4.52g Citrulline)		
Citrulline Nitrate (N03-T <sup>®</sup> ) (2g delivering 1.48g Citrulline)		
Beta Alanine	3200 mg	†
Betaine Anhydrous	2500 mg	†
<b>GHOST® SMART ENERGY</b>		
L-Tyrosine (Vegan Fermented)	2000 mg	†
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%) (delivering 300mg Alpha-GPC)	600 mg	†
Caffeine	400 mg	†
Caffeine Anhydrous (300mg) zumXR® Extended Release Caffeine (139mg delivering 100mg Caffeine)		
Theobromine	100 mg	†
Bitter Orange ( <i>Citrus aurantium</i> ) Fruit extract	60 mg	†
<b>GHOST® ABSORPTION</b>		
AstraGin® ( <i>Astragalus membranaceus</i> and <i>Panax notoginseng</i> ) Root extracts	50 mg	†

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

**OTHER INGREDIENTS:** Malic Acid, Citric Acid, Natural and Artificial Flavor, Tartaric Acid, Calcium Silicate, Silicon Dioxide, Gum Acacia, Sucralose, FD&C Yellow #5, FD&C Blue #1

**V VEGAN FRIENDLY G GLUTEN FREE S SOY FREE S SUGAR FREE**

Synephrine content in the Citrus Aurantium is 30mg per serving

NET  
NET WT  
NET WT

zumXR  
AstraGin

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Pharmaceuticals Laboratories, LLC. Patents and Patents Pending.  
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