

SUGGESTED USE: DO NOT EXCEED 1 SCOOP PER DAY. Mix 1 scoop (1 serving) of GHOST LEGEND® with 6-8oz of water or beverage of choice. Vary amount of liquid to taste. Start with less than 1 scoop to assess your 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 250mg 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.



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



*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.

30 | LEGEND®
SERVINGS | PRE-WORKOUT
DIETARY SUPPLEMENT | NET WT. 14.8oz (420g)

Welch's®
GRAPE

NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (14 g)
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%**
Total Sugars	1 g	†
Includes 0g Added Sugars		0%**
Choline (from VitaCholine® Choline Bitartrate)	200 mg	36%
GHOST LEGEND®		
L-Citrulline (Vegan Fermented)	4000 mg	†
Beta-Alanine	3200 mg	†
Nitrosigine® (Inositol Stabilized Arginine Silicate)	1500 mg	†
VitaCholine® Choline Bitartrate	500 mg	†
Natural Caffeine (from Coffee (<i>Coffea</i> spp.) Bean)	250 mg	†
Theobromine	100 mg	†
NeuroFactor™ Coffee (<i>Coffea arabica</i>) Fruit extract	100 mg	†
AstraGin®	50 mg	†
Astragalus membranaceus Root extract, Panax notoginseng Root extract		

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

OTHER INGREDIENTS: Concord Grape Juice Powder (Concord Grape Juice Concentrate, Rice Maltodextrin, Silicon Dioxide), Citric Acid, Malic Acid, Natural Flavor, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Fruit and Vegetable Juice (for color), Beet Root (for color).

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street, Las Vegas, NV 89118, U.S.A.
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V VEGAN FRIENDLY **GF GLUTEN FREE** **SF SOY FREE**

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VitaCholine
Nitrosigine®
NEUROFACTOR
AstraGin®