

SUGGESTED USE: DO NOT EXCEED 2 SCOOPS PER DAY. Mix one scoop (1 serving) of GHOST® PUMP with 6-8oz of water or beverage of choice, such as GHOST LEGEND®, 30 minutes before exercise on training days. Advanced users/users over 160lbs, mix 1-2 scoops with 10-12oz of water prior to training.

GHOST® PUMP WAS CONCEIVED TO INSPIRE ENVY IN ANY LIGHTING*

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 if: you are taking any medications or other dietary supplement, or prescription drug; 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. Discontinue use two weeks prior to surgery. 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. 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

MANUFACTURED FOR GHOST LLC 5651 S Edmond Street
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*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.

40 | PUMP
SERVINGS | NITRIC OXIDE
DIETARY SUPPLEMENT | NET WT. 12.3oz (350g)



SOUR WATERMELON
NATURALLY AND ARTIFICIALLY FLAVORED

SUPPLEMENT FACTS

Serving Size: 1 Scoop (8.75 g) / 2 Scoops (17.5 g)
Servings Per Container: 40 / 20

Amount Per Serving	1 Scoop	%DV**	2 Scoops	%DV**
Calories	0		5	
Total Carbohydrate	<1 g	<1%	1 g	<1%
Total Sugars	0 g	†	0 g	†
Includes 0g Added Sugars		0%		0%
Vitamin C (as PureWay-C™)	135 mg	150%	270 mg	300%
GHOST® PUMP				
L-Citrulline (Vegan Fermented)	3000 mg	†	6000 mg	†
Arginine Nitrate (N03-T®)	1500 mg	†	3000 mg	†
Taurine	1000 mg	†	2000 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†	390 mg	†
Pine Bark (Pinus pinaster) extract (95% Proanthocyanidins)	100 mg	†	200 mg	†
Setria® L-Glutathione	100 mg	†	200 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	25 mg	†	50 mg	†

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

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavors, Silicon Dioxide, Calcium Silicate, Tartaric Acid, Xanthan Gum, Sucralose, Vegetable Juice Powder (for color)

VEGAN FRIENDLY GF GLUTEN FREE SF SOY FREE S SUGAR FREE

40 LEGENDARY SCOOPS GHOST® PUMP stays 'comparable' nitric oxide products in just 1 scoop, but going all in with 2 scoops is a surefire recipe for a LEGENDARY PUMP.* Try standalone as a caffeine-free pre-training option, or add a scoop to your favorite pre-workout. **USE ONLY AS DIRECTED.**



WARHEADS® is a registered trademark of Impact Confections, Inc.
AstraGin®, NuLiv Science USA, Inc.
N03-T™ is a trademark of ThermoLife International, LLC.
Setria® is a registered trademark of KYOKKA HAKKO BIO CO., LTD.
PureWay-C™ is a registered trademark of Innovation Laboratories, Inc. and is used here under license. U.S. and International patents pending.