PRE-WORKOUT

LEGEND X BUBBLICIOUS

GHOST LEGEND® x BUBBLICIOUS® is popping in for a legendary summer of #BubblegumGains. "STRAWBERRY SPLASH" and "COTTON CANDY" have all the flavor of your favorite carnival physique destroyer. Which flavor are you scooping?

VEGAN FRIENDLY · SOY FREE · GLUTEN FREE · SUGAR FREE

View Supplement Facts

Payment Type: $44.99 | 11000 pts
Size: 25 Servings
Flavor: BUBBLICIOUS® Strawberry Splash
Quantity: 1
Add To Cart

or 4 interest-free payments of $11.25 with sezzle

Product Description

The Bubble Is Back

GHOST LEGEND® x BUBBLICIOUS® is back again with the authentic AF bubblegum pre-workout experience for a limited time. We brought back the "STRAWBERRY SPLASH" flavor you know and love and since there's no such thing as too much BUBBLICIOUS®... "COTTON CANDY" is joining the fam. We seriously popped off with these two.

- GHOST® Full Disclosure Label
- 25 Two-Scoop Servings (50 total scoops for maximum versatility)
- 4G L-Citrulline (Vegan-Fermented)
- 3.2G Beta-Alanine
- 1.5G Nitrosigine®
- 50MG Senactiv®

Product Details

GHOST® Full Disclosure Label

All GHOST® products feature a 100% transparent label that fully discloses the dose of each active ingredient. Zero proprietary blends means you know what you're getting in each and every scoop.

L-Citrulline
4G

Citrulline is one of the best pump ingredients on the market today and while more expensive, pure L-Citrulline delivers even better pumps without the potential for stomach discomfort caused by the additional acid (Citrulline Malate)...and since it's vegan fermented, GHOST LEGEND® is Vegan Friendly!*

Beta Alanine
3.2G

1.6, 2.4, 3.2, 4 and even 6.4—Beta Alanine has been studied at a lot of daily doses so what's the sweet spot? Research shows that just 1.6G/day delivered results, with added benefits seen at the higher doses. The strongest clinical studies on Beta-Alanine point to 3.2G+ of Beta-Alanine per day. We've bumped up the dosage in GHOST LEGEND® to ensure you're getting the full 3.2G clinical dose in every serving...we've got your back legends.*

Natural Caffeine
250MG

GHOST LEGEND® has 250MG of natural caffeine from coffee bean (per serving) for a smooth, clean kick and less crash.*

Nitrosigine®

Nitrosigine®, is a patented pump ingredient that was clinically shown (over 30 supporting studies and 10 patents) to be 5x more effective than Arginine. GHOST LEGEND® packs a full 1.5G dose (per serving) of this premium, new-school pump ingredient...because long live the pump (no seriously, Nitrosigine® is scientifically engineered to last up to 6 hours).*

Senactiv®

While a brand new ingredient to the GHOST® family of products, we've been obsessing over it for years and absolutely wanted to make sure to include it in the V2 formula. Why? Senactiv® aids in ATP (energy) production, recovery, endurance, and promotes healthy muscle cell regeneration. Enough said.*

L-Tyrosine

L-Tyrosine is a free-form amino acid which rapidly crosses the blood-brain barrier. With regards to performance, tyrosine's main benefit is its ability to increase the synthesis of multiple neurotransmitters and enhance dopamine, epinephrine and norepinephrine levels. Studies have found that tyrosine supplementation can improve mood and enhance focus. At a full 1000MG (per serving) in GHOST LEGEND®, we're pretty confident you'll be dialed in for every workout.*

Alpha-GPC

Alpha-GPC is a nootropic that delivers some serious cognitive benefits. Having a ton of energy is great, but being able to channel that energy and actually focus during your workout is just as important.*

Supplements + Information

You may also like.

GHOST® PUMP
NITRIC OXIDE

GHOST® SIZE
MUSCLE BUILDER

GHOST® WHEY
PROTEIN

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