PRE-WORKOUT

LEGEND ALL OUT X WARHEADS

Introducing GHOST LEGEND® ALL OUT, our hardest hitting pre-workout to date.

VEGAN FRIENDLY · SOY FREE · GLUTEN FREE · SUGAR FREE

View Supplement Facts

Payment Type: $54.99 | 14000 pts
Size: 20 Servings
Flavor: WARHEADS® Sour Green Apple
Quantity: − 1 +
Add To Cart

or 4 interest-free payments of $13.75 with sezzle ⓘ

Product Description

F*CKING SEND IT

Think back to some of the best workouts you've ever had, how'd they make you feel? We're talking about the workouts where racking the weight on the final set feels almost bittersweet. You're drenched in sweat and haven't checked your phone once. Zero stress, just focus and max effort. You leave feeling fulfilled...almost re-energized to tackle whatever is next...

We've been working tirelessly to create a product geared towards delivering that experience workout after workout, day after day. Enter GHOST LEGEND® ALL OUT—our hardest hitting pre to date.

- GHOST® Full Disclosure Label
- 6G Full Yield Citrulline (featuring Citrulline Nitrate (NO3-T™))
- 3.2G Beta-Alanine
- 2.5G Betaine Anhydrous
- 2G Vegan Fermented L-Tyrosine
- 600MG Alpha-GPC
- 400MG Total Caffeine per scoop (including 100MG from zumXR® Extended Release Caffeine)

AstraGin® · zümXR® · NO3T NITRATE TECHNOLOGY

Product Details

Supplements + Information

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.

Full Yield Citrulline
6G

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 we've combined L-Citrulline with added Citrulline Nitrate (NO3-T™) for an unmatched Citrulline one-two punch!

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 3.2Gr of Beta-Alanine per day. We've bumped up the dosage in GHOST LEGEND® ALL OUT to ensure you're getting the full 3.2G clinical dose in every serving...we've got your back legends.*

Betaine Anhydrous
2.5G

For us, Betaine was a no-brainer, as it works to deliver some pretty epic muscle building benefits.* While results can be seen with as little as 500MG, at GHOST® it's clinically dosed or bust, so rest assured you're getting the full 2.5G dose in every serving.

L-Tyrosine
2G

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 2000MG (per one scoop) in GHOST LEGEND® ALL OUT we're pretty confident you'll be dialed in for every workout.*

Alpha-GPC 50%
600MG

Alpha-GPC is a nootropic ingredient that delivers some serious potential cognitive benefits. We're using a massive 600MG of Alpha-GPC 50% (delivering 300MG Alpha-GPC) which is one of if not THE highest dose we've ever used. There's specific research around this dose helping on leg day but most importantly feeling great and being able to channel your energy to crush your workout will always net the best result in and out of the gym.

Total Caffeine
400MG

300mg Caffeine Anhydrous + 100mg zumXR® Extended Release Caffeine for a total of 400mg per 1-scoop serving. ZumXR®, a new ingredient to the GHOST® Fam, is designed to provide long-term energy for continued power without the crash. Learn more here.

AstraGin®

AstraGin® works to help improve your body's ability to absorb key amino acids, proteins and glucose...in other words, AstraGin® ensures you're getting maximum benefit from everything we've packed into GHOST LEGEND® ALL OUT (and of course we've added it at the full clinical dose).*

You may also like.

GHOST® PUMP
NITRIC OXIDE

GHOST® SIZE
MUSCLE BUILDER

GHOST® WHEY
PROTEIN

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