

Ghost Gamer: For A Legendary Gaming Experience

written by Mike Roberto | May 11, 2020



Ghost continues to dominate the industry with never before seen flavors!

The world of video games has evolved drastically over the years, especially with all of the major advancements in technology. Gaming used to be just something you did with your friends on the weekend, but now with the rise of competitive esports, it's on another level – with next-level prizes and stakes along with it.

Esports is one of the fastest growing markets around with no sign of slowdown ahead. These competitions are no joke, since there's serious money, sponsorships, and bragging rights on the line, with thousands of spectators tuning in. Esports requires monstrous amounts of mental power, focus, low reaction time, and quick decision-making, opening the door for “pharmacological” enhancements.

Most gaming supplements fail. This one won't.

With the rise of esports, several well-established sports nutrition companies have entered the fray over time – most of them failing. While they understand the capabilities of what various ingredients can do to boost cognition, they generally don't understand *gaming* and *gamers*. It helps when the owners of the brand play their fair share of video games as well.

Ghost Gamer: The Legends at Ghosts move beyond fitness



If you've ever watched *Ghost's YouTube channel*, one of Dan and Ryan's favorite things to do when they need a break from work is to crush some *Tony Hawk* or *NHL* in the office. They may not be nearly as good as esports competitors, but Dan and Ryan hate losing as much as anyone else.

Ghost is known for being a "lifestyle brand" in the fitness space, and since day one, Dan and Ryan wanted to build a brand which offered products that could be used *beyond* the walls of the gym, so adding a gaming supplement fits perfectly with their image. **Ghost Gamer** is definitely a step in that direction – and it is *wonderfully* executed.

The Ghost take on gaming

There may be other gaming supplements that exist, but with the way Ghost typically formulates and flavors a product, we know it's going to quickly rise to the top of the leaderboard.

In this article, we're going to reveal the formula, benefits, and what you can expect from Ghost Gamer. There's always more to come, so sign up for PricePLOW's Ghost news and deal alerts to learn what's coming next!

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Ghost Gamer Ingredient Analysis

You can always count on their products to have a *fully transparent label*. They have nothing to hide and want the customer to be knowledgeable about what they are putting into their bodies. Ghost Gamer is no different – it has all the exact dosages for each ingredient that’s included in one serving.

Here’s what *two scoops (9.5g)* of Ghost Gamer provides:

- Ghost Gamer
 - nooLVL (Inositol Enhanced Bonded Arginine Silicate) – 1600mg



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 Ascorbic Acid)	250 mg	278%	500 mg	556%
Vitamin D (as Cholecalciferol)	25 mcg	125%	50 mcg	250%
Vitamin E (as di-alpha-tocopheryl)	7.5 mg	50%	15 mg	100%
Niacin (as Nicotinic Acid)	10 mg	63%	20 mg	125%
Vitamin B ₆ (as Pyridoxine HCl)	0.85 mg	50%	1.7 mg	100%
Vitamin B ₁₂ (as Cyanocobalamin)	3 mcg	125%	6 mcg	250%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5.5 mg	50%	11 mg	100%
GHOST® GAMER				
nooLVL® (Inositol-Enhanced Bonded Arginine Silicate)	800 mg	†	1600 mg	†
Taurine	500 mg	†	1000 mg	†
L-Tyrosine	500 mg	†	1000 mg	†
Cognizin® Citicoline	250 mg	†	500 mg	†
Raw Coconut (Cocos nucifera) Water Powder	250 mg	†	500 mg	†
Natural Caffeine (from Coffee (Coffee spp.) Bean)	75 mg	†	150 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	25 mg	†	50 mg	†
Theobromine	20 mg	†	40 mg	†

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

Ghost Gamer is so loaded, they included dosages for both a one and two scoop serving!

If there’s one ingredient we are most excited to see in Ghost Gamer, it has to be **nooLVL**, and of course, Ghost is giving you the full clinically-studied dose!

This is one of the most effective gaming ingredients currently available and it comes from an industry leader, *Nutrition21*. We would even argue that if *don’t* see nooLVL in a gaming supplement, then you’re not doing it right!

What is nooLVL?

nooLVL is a non-stimulant, patented blend of *bonded arginine silicate* with an extra dose of *inositol*. This dynamic duo has been shown to increase performance, accuracy, speed, decision making, and reaction time in people who played five or more hours of video games per week[1] – and it was studied using *modern* games like *Call of Duty*, *Fortnite*, and *Madden*. After this landmark study was published in 2019, nooLVL quickly gained popularity.

In order to explain what makes nooLVL so effective, let's look at what each of its primary components do on a physiological level:

Inositol: Benefits and Mechanisms of Action



If you've read some of our posts on *Nitrosigine* (also from Nutrition21), then the combination of inositol and bonded arginine silicate may sound familiar. nooLVL and Nitrosigine are made up of the same components, but the key difference between the two is that nooLVL has an extra dose of **inositol**. With Nitrosigine, inositol acts more of a stabilizer, while the bonded arginine silicate does most of the work. In nooLVL, inositol takes on a much larger role, because the main focus is to increase *mental performance* rather than blood flow to the biceps.

Inositol is classified as an essential sugar that's highly concentrated within the brain, which is why it has such drastic effects on cognitive performance. The compound takes on several roles, such as osmoregulation, maintaining the structural integrity of cell membranes, and cell-to-cell transduction of signaling.[2,3] However, in the context of enhancing cognition, we're going to primarily focus on the role it plays in a secondary messenger pathway called the *phosphatidylinositol (PI) cycle*.[3]

The phosphatidylinositol cycle

Nutrition21
INNOVATIVE INGREDIENTS. REAL RESULTS.

Nutrition21 is a leader in the industry and the creators of nooLVL!

In layman's terms, the PI cycle helps translate signals between neurons,[3] which is crucial for general brain function as well as fine and gross motor patterns, reaction time, decision making, focus, and accuracy needed during gaming. Without enough inositol available, don't expect neurons to be firing at top speed. Our *theory* is that activities such as gaming potentially lead to a *depletion* of inositol, which is why supplementing with an extra dose may lead to such profound effects.

Finally, low levels of inositol have been connected to depression and anxiety, since it also helps in the balance and synthesis of dopamine and serotonin.[4] Both of which are catecholamine neurotransmitters that can significantly impact cognitive performance, and your overall sense of well-being.

If you want to read more about inositol check out this article:
Inositol: Why It's Added to nooLVL For Increased Gaming Performance

Now that we know the importance of inositol, let's look at what arginine silicate does to further enhance its effects!

Bonded Arginine Silicate



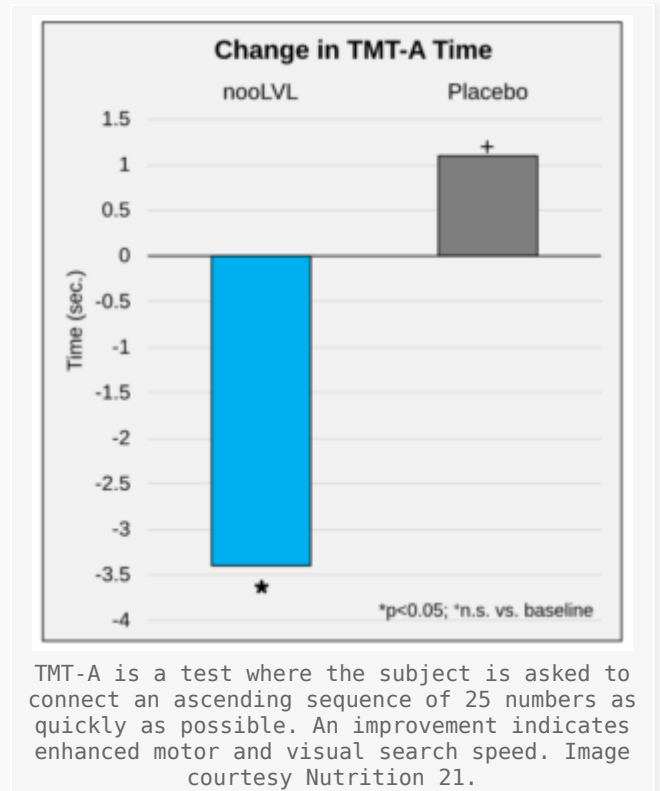
The image is a graphic titled "PRICEFLOW Ingredient Breakdown" with the PriceFlow logo (two stylized 'P's) in a red box. The main text "nooLVL" is in a large, blue, outlined font, with a game controller icon integrated into the letter 'O'. Below this, the text "INSOITOL: Why It's Added to NooLVL for More Cognition" is displayed in white and yellow. A yellow banner with the text "Link in Bio!" and a small PriceFlow logo is positioned to the right. At the bottom, a white box contains the text: "nooLVL contains a higher dose of inositol for increased mental performance!".

The name of the game here is *blood flow*. A well-known gas molecule, nitric oxide (NO), causes blood vessels to expand, allowing more blood flow, oxygen, and nutrients to be delivered to the working muscle and brain.[5] This effect is known as *vasodilation*. More circulating nitric oxide generally means more blood flow – and the ensuing benefits listed

above that come along with it.

The amino acid **arginine** has a well-known and established role in endogenous *nitric oxide (NO) synthesis*, [6,7] so it would make sense that supplementing arginine could boost NO production. However, the major issue with pure L-arginine taken orally is that it easily gets broken down by various digestive enzymes. [7] Therefore, it's not as capable of elevating NO levels as much as you would hope.

Nutrition21 to the arginine rescue with Nitrosigine (and now nooLVL)



Nutrition21 solved this issue by bonding arginine to *silica* and adding *inositol* to further stabilize the compound. With those additions, arginine is *not* broken down in the digestive tract, gets readily absorbed into circulation, and can serve as a direct precursor for NO production. [5]

Not only does this enhance physical performance in the gym, but it also boosts *mental* performance by increasing the delivery of inositol to the brain! Blood flow isn't just for muscles – it's for the brain as well! This is why nooLVL is a one-two punch for a better gaming experience!

If you want to learn more about nooLVL, we highly recommend reading this blog post: *nooLVL for Next-Level Gaming: Focus Supplement Ingredient for Gamers!*

Ghost Gamer is starting out strong with this ingredient!

- **Taurine – 1000mg**

You will commonly find **taurine** in athletic supplements, since there's a large body of literature supporting its ability to boost endurance and exercise performance.[8] However, taurine is also essential for carrying out several functions within the body. It's classified as an organic osmolyte, which means it helps facilitate the volume of fluid that enters and exits cells.[9] Furthermore, taurine supplies a substrate to produce bile salts and helps regulate intracellular calcium levels.[9]

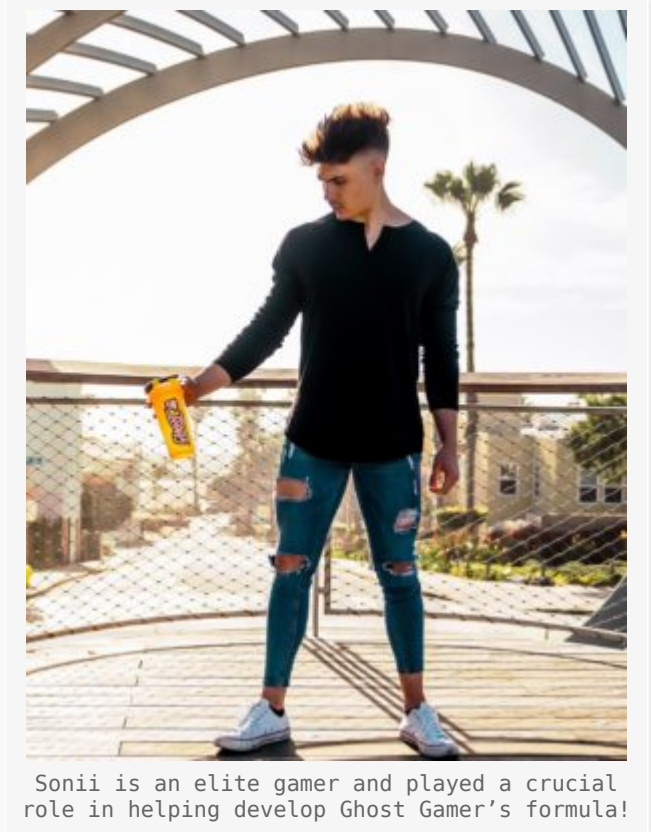


Taurine is highly concentrated in the brain, eyes, muscle tissue, and various organs.[9,10] In regards to gaming, studies show that taurine is essential for proper development of photoreceptors, which are cells in the retina that respond to light.[9] And it can serve as a cryoprotectant against potential neuronal damage caused by stress.[9] Since it's well known that staring at a screen for long periods of time can lead to headaches, eye strain, and have a negative impact on eye health, then it's crucial to take that into consideration when you're gaming.

In addition, studies show that taurine is also heavily involved in neurotransmission, and not consuming an adequate amount of it on a daily basis can lead to several neurological conditions and affects your memory and ability to learn.[10] Endogenous synthesis of taurine has been found to be relatively low in the brain,[10] so supplementing with taurine is often recommended!

- **L-Tyrosine – 1000mg**

Next up is by far one of the best forms of supplemental tyrosine that money can buy.



Tyrosine can be naturally produced in the body by using *phenylalanine*, an essential amino acid, and it's also found in several animals and plants.[11] Similar to taurine, tyrosine is also highly concentrated in the brain. And by acting as a precursor, it can lead to greater production of the following neurotransmitters: *dopamine*, *epinephrine*, and *norepinephrine*. [11] In general, neurotransmitters help relay chemical signals between neurons and cells throughout the entire body.

And as you game for long periods of time, it's likely that your endogenous levels of neurotransmitters can get depleted, leading to a drop off in mental energy and performance . Therefore, supplementing with something such as L-Tyrosine can help delay mental fatigue. Furthermore, studies show that tyrosine can improve mood, cognition, focus, physical performance, and even help you overcome high stress situations.[11]

The Two Forms of Tyrosine

L-Tyrosine NC(Cc1ccc(O)cc1)C(=O)O

VS

N-Acetyl L-Tyrosine CC(=O)NC(Cc1ccc(O)cc1)C(=O)O

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Long story short from our analysis – For the best effects from tyrosine, choose the *regular* L-Tyrosine version!

There are two main types of tyrosine that are commonly used in supplements, **L-Tyrosine** and **N-Acetyl L-Tyrosine (NALT)**. They may sound extremely similar based on their names, however what makes one better than the other comes down to *bioavailability*.

A few years ago, formulators thought NALT was superior to L-Tyrosine because it was much more water-soluble. Although that may be true, it does not mean that NALT has greater *bioavailability*, which is its ability to be readily absorbed by the body and increase endogenous tyrosine levels.

It turns out that L-Tyrosine is a much better option and studies show that just a *100mg* dose can boost tyrosine levels for up to seven hours! [12-15]

We often see 500mg as the “starting dose” here, so a full 1g means Ghost is doing things right – this is an ingredient we can *feel* – but the next one is felt even more:

- **Cognizin Citicoline – 500mg**

Get ready to have laser focus with *500mg* of **Cognizin Citicholine**! Just like L-Tyrosine, this is one of the most bioavailable forms of choline that exists, which means you’ll be getting maximum results!



What is citicoline?

A naturally occurring nutrient found in the brain.



What does it do?

Citicoline increases an important substance in the brain called phosphatidylcholine that is critical for healthy brain function.



What is Cognizin® Citicoline?

A clinically tested form of citicoline that can supply your brain with the nutrition it needs to stay sharp.

Key benefits of Cognizin! Image courtesy of Kyowa Hakko USA.

Citicoline, also known as *cytidine 5'-diphosphocholine (CDP-choline)*, is a potent nootropic and brain-health boosting ingredient, as it provides the essential nutrient **choline**. Cognizin has been clinically shown to support focus, attention, and mental energy.[16,17]

Cognizin consists of two main components, *choline and uridine*. Upon ingestion, these two molecules dissociate from each other and travel to the brain where they become reunited as citicoline again. Once inside the brain, they help boost cognitive function by enhancing blood flow, maintaining the integrity of cells' structure, increasing neurotransmitter activity and mental energy by promoting mitochondrial function.[18,19] Overall, citicoline helps maintain adequate levels of *acetylcholine*, a key neurotransmitter involved in several physiological processes,[18,19] which is one of the main reasons why it's so effective.

You can get choline from your diet, but only if you consume enough eggs, sunflower seeds, fish, and other animal based products. Therefore, if you employ a more plant based diet, then we *highly* recommend supplementing with choline!

It's pretty clear that Cognizin is an incredible ingredient and will definitely improve your gaming performance by giving you a nice mental boost! We would like to see more companies using this ingredient since it is extremely effective and supported by the literature.

If you want to learn more about Cognizin, check out this video!

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- **Raw Coconut Powder – 500mg**

After gaming for several hours, there's a good chance that you may become dehydrated since there's practically no time to consume any fluids. And no matter what you may be doing, dehydration can negatively impact both mental and physical performance.



You can also find coconut powder in Ghost Amino!

Several studies link impaired cognitive function, brain fog, and mental fatigue to simply being dehydrated.[20,21] Obviously this is not ideal for optimal gaming performance, but if you're also hitting the gym, it can start to affect your workouts as well. Thus, the importance of hydration for health and performance cannot be overstated.

So it's great to see that Ghost is addressing this issue by including *raw coconut powder* in Ghost Gamer, you can also find it in *Ghost Amino* as well. But you're probably wondering why they chose to use raw coconut powder opposed to other options. Well, although you may think slamming a bunch of water is not good enough to rehydrate you. It's actually not the optimal solution to preventing dehydration, because you need *electrolytes* as well!

That's where raw coconut powder can step in to save the day! When most

people think of what drinks contain a high amount of electrolytes, typically sports drinks are the first things that come to mind. However, research has concluded that coconut water is equally effective at whole-body rehydration as a carbohydrate-electrolyte beverage.[22] Therefore, as long as you drink enough water, Ghost Gamer has the electrolytes covered to ensure both your physical and mental performance don't suffer!

- **Natural Caffeine – 150mg**

Caffeine seems to make its way into several supplements, whether they're geared towards increasing physical or mental performance, you just can't go wrong with it.



Ghost continues to change the game with epic product releases and flavor collaborations!

In other Ghost supplements, such as the pre workout supplement *Ghost Legend*, you will see caffeine anhydrous on the label opposed to *natural caffeine*, and at a higher dose. Pre workouts are designed to get you amped up for a big training session and most people want an extremely fast acting caffeine source to get them going.

However... there is a downside to using high doses of synthetic caffeine, such as jitters, rapid heart rate, and the potential to have a crash shortly after. That can definitely negatively affect your gaming performance opposed to helping it. We would argue that natural caffeine is a much better option in this scenario because it's known for providing a more slow and steady rise in energy. Which mitigates any negative effects you might experience with other forms of caffeine.

And at *150mg*, that's just the right amount to increase your mental energy, without giving you that amped up feeling. It's well established

that caffeine is not only enhances physical performance, but cognitive as well.[23]

- **AstraGin (Astragalus Membranaceus and Panax Notoginseng) Root Extracts – 50mg**

Next, we have one of Ghost's favorite ingredients, **AstraGin** from *Nuliv Science*.

Ghost was one of the first companies to utilize AstraGin in several of their products and they showed the industry just how powerful this ingredient is.



AstraGin is a patented blend of two potent plant extracts, *astragalus membranaceus* and *panax notoginseng*. It has several beneficial effects, but it's most well-known for enhancing the absorption of other ingredients within a formula by activating various transporter molecules in your small intestine.[24]

We've already mentioned throughout this article, that poor absorption leads to subpar bioavailability. This means that the ingredients are more likely to be excreted rather than taken up by the body and sent into circulation to carry out their intended effects. And if that's occurring, you're basically just wasting your money.

More research is coming out showing that AstraGin can support the absorption of a wide range of nutrients.[24] Furthermore, AstraGin may be able to promote gut health by improving the integrity of the gastrointestinal lining and reducing inflammation.[24]

It's an incredible ingredient and we are thrilled to see more products including it in their formulas!

Watch this video to see why Ghost uses AstraGin!

- **Theobromine – 40mg**

To go along with the *150mg of caffeine*, you're also going to get a slight mental energy boost from **theobromine**.

Theobromine has several beneficial properties, therefore it's commonly used in pre workouts, fat burners, and nootropics. Research shows that theobromine can serve as a stimulant, appetite suppressant, and expresses antitumoral, cardioprotective, and anti-inflammatory effects.[25,26]

Synergy with caffeine



Ghost is ready to create supplements that can be used outside the walls of the gym!

Since Ghost Gamer is all about increasing gaming performance, we assume that Ghost included a reasonable dose of theobromine to synergistically work alongside the natural caffeine to further enhance mental energy. Both caffeine and theobromine share similar structures and mechanisms of action.

The two work by inhibiting adenosine from binding to its receptors.[25,26] It's well established that adenosine can cause nervous system depression, meaning it promotes relaxation, sleep, and lowers arousal. That may be perfect right before heading off to sleep, but when you're in the middle of an intense game, it's far from ideal.

Furthermore, preliminary research is now finding that theobromine may be able to improve working memory by upregulating various physiological pathways in the brain.[27] And that would also help improve gaming performance tremendously.

- **Additional Vitamins and Minerals!**

Although the *vitamins and minerals* in Ghost Gamer are not the main stars of the show, they at least deserve some recognition. Below, you will find a full list of all the vitamins and minerals included in Ghost Gamer, along with their dosages and percent daily values.

We also briefly mention why Ghost included them as it relates to gaming, because in order to have optimal performance, health comes first!

- **Vitamin C – 500mg (556% DV)**



Add Ghost Gamer to your supplement stack!

Staring at a screen for extended periods of time often results in eye strain and could even develop into chronic eye conditions, due to the high amounts of blue light emitted from the screen. When it comes to gaming, your eyes are one of the most crucial components to having superior performance, so it's crucial to take care of them.

Vitamin C supplementation may be one way to look after your eye health. It's known for being a powerful antioxidant that plays a key role in immune system function. However, that's not all vitamin C can do. Research shows that consuming an adequate amount of vitamin C may lower your risk of developing various health conditions, including *cataract*, which is a chronic eye condition.[28]

- **Vitamin D – 50mcg (2000 IU) (250% DV)**

If you're staying inside the majority of the day either at work, school, and/or playing video games, then getting enough sunlight may be nearly impossible. And that can lead to an increased risk of becoming **vitamin D** deficient. Sure you can get vitamin D from various food sources, however

one major source of vitamin D is often obtained through sunlight exposure.

Therefore, supplementation becomes extremely important, because an insufficient intake vitamin D has been linked to brittle bones, depression, diabetes, fibromyalgia, chronic fatigue, neuro-degenerative diseases, cancer, and hypertension.[29]

Vitamin D plays a key role in improving overall mood, regulating the immune system, protecting the brain against harmful toxins, and enhancing neuromuscular function.[29] In summary, getting enough vitamin D is crucial for health and performance and we're glad Ghost is including a good dose of it in Ghost Gamer.

- **Vitamin E – 15mg (100% DV)**



Vitamin E's main role within the body is to serve as an antioxidant to help protect cells against potential oxidative stress. Vitamin E deficiency can lead to decreased immune function, neurological disorders, retinopathy, ataxia, and skeletal myopathic conditions.[30]

Furthermore, sufficient vitamin E intake may help decrease your risk of coronary heart disease, cognitive decline, cancer, and eye disorders, including age-related macular degeneration and cataract.[30] Yet again, Ghost Gamer is not just looking out for your performance but health as well!

- **B-Vitamins**

Ghost Gamer includes the following B vitamins to naturally boost your energy!

- **Niacin – 20mg (125% DV)**
- **Vitamin B6 – 1.7mg (100% DV)**
- **Vitamin B12 – 6mcg (250% DV)**

B vitamins take on various functions in the body, but they most notably act as coenzymes, which leads to better metabolism and absorption of energy substrates, such as carbs, fats, and proteins.

- **Zinc (as TRAACS Bisglycinate Chelate) – 11mg (100% DV)**

The one and only mineral that's included in Ghost Gamer is **zinc**, but Ghost made sure to use one of the most bioavailable forms, *TRAACS bisglycinate chelate*.

Zinc is an essential mineral that's most commonly touted for its role in the immune system, but it also is involved in cellular metabolism, DNA synthesis, protein synthesis, and even cell division.[31] In regards to gaming, supplementation of zinc along with other antioxidants seem delay the onset of age-related macular degeneration and vision loss.[31]



Slowly but surely, Ghost is taking over the world!

Researchers speculate that because of zinc's antioxidant effects, it may be able to protect the retina from cellular damage.[31] Beyond supplementation, zinc can be primarily obtained from seafood, red meat, and poultry.

Now that you know how beneficial zinc is and where you can find it, let's explain why the type of zinc you supplement with matters. As you can see from the label, Ghost is using *zinc TRAACS bisglycinate chelate*, which ultimately, helps ensure proper absorption in the small intestine and increases bioavailability.

As we mentioned in the AstraGin section, the body has a difficult time absorbing various nutrients, but especially minerals. TRAACS stands for "The Real Amino Acid Chelate System" and it increases the absorption of several minerals by binding them to nutrients that are known for being well-absorbed, such as amino acids. And for this ingredient, it just happens to use glycine.

Therefore, zinc bisglycinate is a much superior form than other options, such as zinc oxide or zinc gluconate.[32] And with the addition of AstraGin, you should have no problem uptaking all of Ghost Gamers' ingredients.

Now Ricky is ready



We're confident that *this* is the formula that will finally give Ricky (a customer service representative at Ghost) the ability to beat Dan in Tony Hawk. But only if Dan has to abstain from a scoop or two of Ghost Gamer to level the playing field!

As Ghost releases new products, their values remain the same. *Quality, transparency, and authenticity* make them one of the most influential brands around, if not *the* most influential. They continue to prove each year why they stand out from the rest!

Ghost Gamer features a phenomenal ingredient profile that's designed to increase your mental energy, focus, and overall performance, which is just what you (and Ricky) need during an intense gaming session.

Available Flavors

Ghost is one of the only companies that have done authentic flavor collaborations with extremely popular names beyond the fitness industry, including *Sour Patch Kids*, *Swedish Fish*, *Welch's*, *Sonic*, *Chips Ahoy!* and *Warheads*. Ghost Gamer is a perfect product for these flavor collabs, because video games are often accompanied by plenty of candy and sweet treats. Ghost nails their flavors every time, so no matter which one you choose, you really can't go wrong!

Ghost Gamer Will Help You Become A Gaming Legend

After looking at Ghost Gamer's formula, it's definitely one of the most comprehensive gaming supplements on the market. By using the clinically studied dose of nooLVL, along with several other ingredients such as Cognizin, and L-Tyrosine, you're fully equipped to have a legendary gaming experience. But beyond that, we really appreciate how Ghost also includes a few key vitamins and minerals targeted towards overall health.



Ghost Gamer will take your skills to the next level!

Ghost has been teasing Ghost Gamer on their YouTube channel for months, and now that it's finally here, we can confidently say that it was worth the wait. Dan and Ryan pride themselves on not releasing a product until the formula, packaging, and flavors achieve their high standards. Ghost Gamer will be the first supplement they release that's not directly geared towards fitness. And since they consider themselves as more of a lifestyle brand, we would not be surprised if Ghost continues this trend to branch out into the mainstream.

Ghost Gamer may be designed to boost your gaming performance, but honestly, you could use it for any task that requires a large amount of concentration, mental energy, and focus. So, don't be fooled by the name, Ghost Gamer can be utilized at work, school, or even pre workout. Every time people think Ghost is starting to slow down, they just keep releasing more epic products and flavors. We're not sure what will come next from one of the most influential brands to ever hit the supplement industry, but we do know you won't want to miss out! Make sure to subscribe down below to get access to exclusive deals, news, interviews, and reviews from the Ghost fam!

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