

# The CBum Legend Thavage Collab (Miami Vice) Returns from Ghost / Raw Nutrition!

written by Mike Roberto | November 23, 2022

**November 23, 2022 Update:** This has been re-released for Black Friday! Get it while you can, and read more about the launch below

Bet you didn't have *this* one on your 2022 bingo card:



For a *one-weekend* pop-up event, Ghost Lifestyle is partnering with Raw Nutrition for a limited edition **Thavage Legend Pre-Workout** collab with Chris Bumstead – in *Miami Vice* flavor!

It wasn't originally sold online by either company, and was only available at their Miami event on Saturday, July 23, 2022 from 10am-4pm. However, fans and customers got another chance to snag it through both companies' Black Friday sales in November.

The epic label is shown below, and it's based on a cross hybrid between the *Ghost Legend* and *Raw Nutrition CBum Thavage* pre-workout supplements. It's officially branded under Ghost's labeling, so if we ever *do* see it online (and we now have), it'll be shown below.

After that, we'll show our video of the trip to Miami, and perhaps get a tasting in on how CBum and Ghost do *Miami Vice* flavoring:

# GHOST Legend – Deals and Price Drop Alerts

## Get Price Alerts

Get Legend Price Alerts  Get GHOST alerts  Get Pre Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

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The GHOST LEGEND x THAVAGE Pre-Workout Ingredients:

Here's what you get in a full *two* scoop dose of this super-limited pre-workout:



SUPPLEMENT FACTS			
Serving Size: 1 Scoop (11.7 g) / 2 Scoops (23.4 g)			
Servings Per Container: 40 / 20			
Amount Per Serving	1 Scoop %DV**	2 Scoops %DV**	
Total Carbohydrate	1 g	2 g	1%
Total Sugars	0 g	1 g	†
Includes: Eg. Added Sugars			
Vitamin C (as Ferrous-C-Ascorbate)	125 mg	250 mg	238%
Vitamin B <sub>12</sub> (as Ferrous-C-Biotinylated)	5 mg	10 mg	589%
Vitamin B <sub>6</sub> (as Methylcobalamin)	50 mcg	100 mcg	1167%
Sodium	95 mg	190 mg	4%
Potassium	115 mg	230 mg	5%
<b>GHOST LEGEND<sup>®</sup> x THAVAGE</b>			
Full Yield Citrulline	2000 mg	4000 mg	†
L-Citrulline (Vegan Fermented) (2.33 g delivering 2.26 g Citrulline)			
Citrulline Nitrate (N03-T) (1 g delivering 740 mg Citrulline)			
Beta-Alanine	1600 mg	3200 mg	†
Betaine Anhydrous	1200 mg	2400 mg	†
L-Tyrosine	1000 mg	2000 mg	†
Taurine	1000 mg	2000 mg	†
Agmatine Sulfate	300 mg	600 mg	†
Himalayan Pink Sea Salt	250 mg	500 mg	†
Coccoloba (Coccoloba) Fruit Water Powder	250 mg	500 mg	†
Potassium Citrate	200 mg	400 mg	†
PureWay-C <sup>™</sup> (Ascorbic Acid and Citrus Bioflavonoids)	180 mg	360 mg	†
Caffeine	182.5 mg	365 mg	†
Caffeine Anhydrous (130 mg)			
Di-Caffeine Malate (52 mg delivering 22.8 mg Caffeine)			
NeuroFactor <sup>™</sup> Caffeine (Coffee arabica)	50 mg	100 mg	†
Fruit Extract			
Bitter Orange (Citrus aurantium) Fruit extract	30 mg	60 mg	†
Astragalus (Astragalus membranaceus) and Panax (Panax ginseng) Root extracts	12.5 mg	25 mg	†

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

**OTHER INGREDIENTS:** 1,2-Ethandiol, and Artificial Flavors, Malic Acid, Citric Acid, Silver Beadlets, Calcium Gluconate, Sucralose, Tartaric Acid, Beet Root Powder (for color)

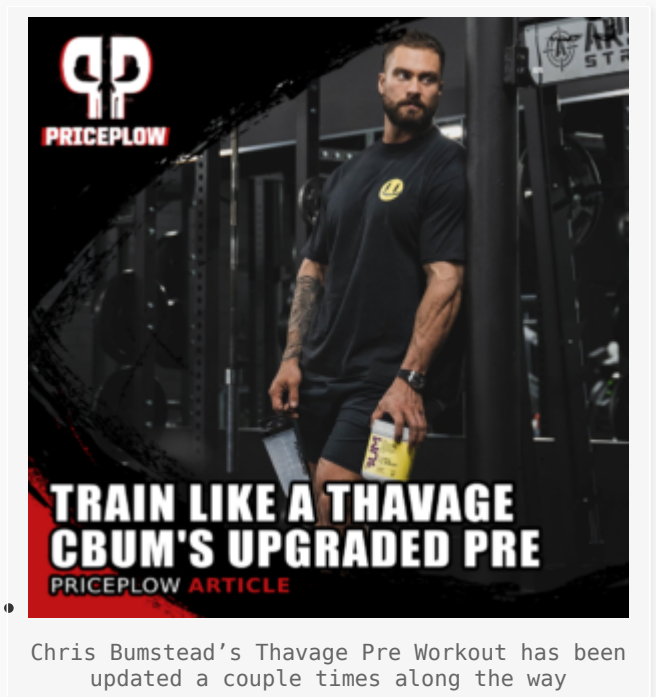
**Contains: Tree Nuts (Coconut)**

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- **Full Yield Citrulline – 6000 mg**
  - **Vegan Fermented L-Citrulline – 2.33 g delivering 2.26 g Citrulline per scoop**
  - **Citrulline Nitrate (N03-T) – 1 g delivering 740 mg Citrulline per scoop**
- **Beta-Alanine – 3200 mg**

- **Betaine Anhydrous – 2500 mg**
- **L-Tyrosine – 2000 mg**
- **Taurine – 2000 mg**
- **Agmatine Sulfate – 1000 mg**
- **Himalayan Pink Sea Salt – 512 mg**
- **Coconut Fruit Water Powder – 500 mg**
- **Potassium Citrate – 414 mg**
- **PureWay-C – 360 mg**
- **Caffeine – 305 mg**
  - **Caffeine Anhydrous – 130 mg per scoop**
  - **Di-Caffeine Malate – 32 mg delivering 22.5 mg Caffeine per scoop**

**NeuroFactor Coffee Fruit Extract – 100 mg**



- **Bitter Orange (Citrus Aurantium) Fruit Extract – 60 mg**
- **AstraGin – 25 mg**

With this formula, you get a solid hit of *electrolyte* support – 8% DV in sodium, and 5% DV in potassium. PureWay-C provides 278% DV for vitamin C, which will support the nitrates. The higher-quality forms of B6 and B12 vitamins –

*pyridoxal-5-phosphate* and *methylcobalamin* – are included as well.

Long story short? This is a phenomenal formula that should feel incredibly good. And we expect it to *taste* good too. But only a select number of people will find out for real...

## All Ghost Legend Flavors Available

Miss out? There are plenty of incredible options between both formulas listed below:



Dan Lourenço and Ryan Hughes of Ghost invite Team PricePLOW to Chicago to launch the TMNT Collab, and talk about the future of collabs on the PricePLOW Podcast



It's Christopher's Secret Stuff, a November 2022 limited-edition release of Raw Nutrition's C BUM Thavage Pre-Workout!

## All Thavage Flavors Available

### A collab from the heavens

This is the kind of collab that would have broken the internet – if it was *released* on the internet. To get in on the action, you'll just have to book a last minute flight to Miami.



We've been tracking these two businesses for quite some time, and while they're "competitors" in some ways, they're really serving different demographics, which enables this kind of collaboration. Additionally, with it only being sold in person for one weekend, it eliminates a lot of the logistics and financial headaches that can come with a two-brand collaboration. We hope it works out well, so that we may see more.

The PricePLOW Podcast is a great place to understand some of the happenings behind the scenes at both brands. Check out our two most recent episodes with both of these teams:

- #066: Dan Lourenco & Ryan Hughes #2 – GHOST x TMNT and the Future of Collabs
- #052: Chris Bumstead Joins Raw Nutrition Ownership Team, Launches Product Line

Read our official articles on *Ghost Legend* and *C BUM Thavage*, and sign up for alerts on both brands below – we'll continue the full coverage as always:

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## RAW Nutrition CBUM Thavage Pre-Workout – Deals and Price Drop Alerts

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