

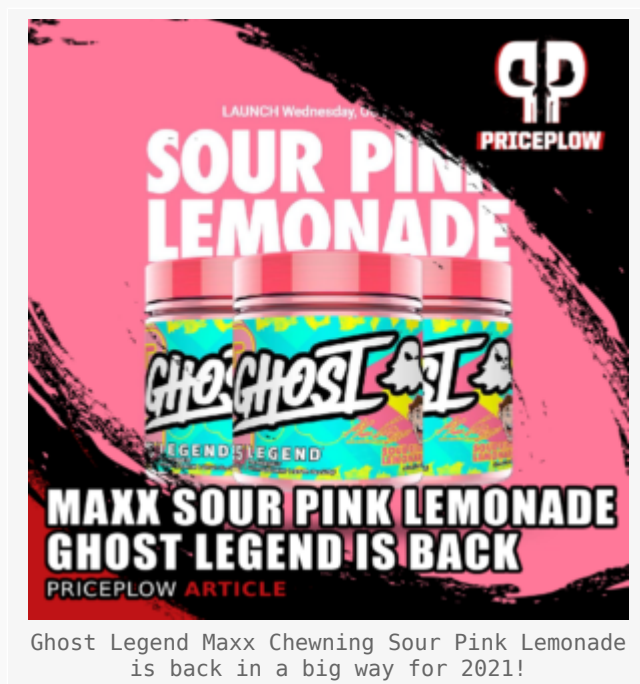
# Maxx Chewing Sour Pink Lemonade Ghost Legend Back for 2021!

written by Mike Roberto | October 6, 2021

**Note:** The 2022 Maxx Chewing Collabs are out, and instead of mango margarita, the flavor of '22 is "Strawbango Margarita"! Read about it in our article titled *Ghost X Maxx Chewing 2022: Strawbango Margarita Energy, Legend, and Pump*.

Who is **Maxx Chewing**? He's a YouTuber, fitness influencer, entrepreneur, powerlifter, **Ghost Lifestyle** sponsored athlete, and owns a goldendoodle named *Dood*.

When Ghost founders *Dan Lourenco* and *Ryan Hughes* approached Maxx in 2018 to develop a custom flavor for *Ghost Legend*, he modeled it after his favorite club cocktail: *Mango Margarita Ghost Legend*. That was their first collab, but they didn't stop there.



Ghost Legend Maxx Chewing Sour Pink Lemonade is back in a big way for 2021!

A year later in 2019, Ghost re-launched both Mango Margarita *and* made Strawberry Daiquiri, which was ranked one of *PricePLOW's Top Flavor Systems of 2019*.

In 2020, they brought an all-new flavor, and **it's back in 2021:**

## ***Sour Pink Lemonade Ghost Legend is Back for 2021***

Back for Maxx's 4th Collab season, the 2021 release brings us the re-release of **Pink Lemonade Ghost Legend**, an idea which came from Maxx's sour candy company. This is available for a *limited time*, so once it's gone, it's gone!

2021 also brings us Maxx Chewing's Ghost *Pump* (which uses the same Ghost Pump formula) and a re-release of Maxx Chewing's Mango Margarita Ghost Legend, which has the same formula tweaks as below.

## Chasing the pump with an updated Legend

Maxx's 2021 Legend formula is based upon the Ghost Legend v2 formula released earlier in '21, but has a couple of tweaks to chase even *more* pumps! You can read about them below, but first, check out our Ghost news alerts and see if it's available below:

## Ghost Legend – Deals and Price Drop Alerts

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Unfortunately, we haven't had a chance to *taste* the 2021 Pink Lemonade version, but you can see our video explaining the formula with the Mango Margarita one:

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## Maxx Chewing Sour Pink Lemonade Ghost Legend 2021 Formula Breakdown

**SOUR PINK LEMONADE**

**SUPPLEMENT FACTS**  
 Serving Size: 2 Scoops (1.7 g)  
 Servings Per Container: 25

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
<b>GHOST LEGEND® x MAXX CHEWNING</b>		
L-Citrulline (Vegan Fermented)	4000 mg	†
Beta-Alanine	3200 mg	†
Nitrosigine® (Inositol Stabilized Arginine Silicate)	1500 mg	†
VasoDrive-AP® (Hydrolyzed Casein Tripeptides)	254 mg	†
<b>GHOST® SMART ENERGY</b>		
L-Tyrosine	1000 mg	†
Taurine	1000 mg	†
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	300 mg	†
Natural Caffeine (from Coffee (Coffea spp.) Bean)	250 mg	†
NeuroFactor™ Coffee (Coffea arabica) Fruit extract	100 mg	†
Theobromine	100 mg	†
AstraGin® (Astragalus membranaceus and Panax notoginseng) Root extracts	50 mg	†

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

**OTHER INGREDIENTS:** Malic Acid, Natural Flavor, Citric Acid, Tartaric Acid, Calcium Silicate, Stearic Dioxide, Sucralose, Beet Root Powder (for color), Gum Acacia  
**ALLERGEN WARNING:** Contains Milk

GLUTEN FREE    SOY FREE    SUGAR FREE

Astralife® All in Science™ LLC  
 VasoDrive-AP® is a trademark of BioMatrix LLC  
 NeuroFactor™ is a trademark of RFP International, Inc.  
 Nitrosigine® is a registered trademark of NutraSweet, LLC

NEUROFACTORY    VasoDRIVE®    Nitrosigine®

The 2021 Maxx Chewing Ghost Legend formula adds VasoDrive-AP and NeuroFactor, but removes alpha-yohimbine and Senactiv

- **Ghost Legend x Maxx Chewing**

- L-Citrulline – 4g
- Beta Alanine – 3.2g
- Nitrosigine (*inositol stabilized arginine-silicate*) – 1.5g
- VasoDrive-AP – 254mg

- **Ghost Smart Energy**

- L-Tyrosine – 1000mg
- Taurine – 1000mg
- Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%) – 300mg
- Natural Caffeine – 250mg
- Neurofactor Coffee (Coffea Arabica) Fruit Extract – 100mg
- Theobromine – 50mg
- AstraGin – 50mg

You can read about the details on most of these ingredients in our main **Ghost Legend** article, save for a couple of changes labeled below.

## Maxx's Changes from Ghost Legend V2: Pumps, Focus, No Alpha-Yo

1. VasoDrive-AP added
2. NeuroFactor added
3. Alpha-Yohimbine removed
4. Senactiv removed

If you're a fan of the previous renditions of Maxx's Ghost Legend, then you already know he enjoys adding some extra pump ingredients. Maxx's collabs usually include **VasoDrive-AP**, which isn't found in other Legend formulas.

### More Pumps with Vasodrive-AP



Vasodrive-AP is a proprietary ingredient derived from casein protein that's extracted for two unique tripeptides named *Valyl-Prolyl-Proline (VPP)* and *Isoleucyl-Prolyl-Proline (IPP)*. These ingredients can inhibit the *ACE enzyme*, which is short for *angiotensin converting enzyme*. This is incredible because ACE leads to more vasoconstriction, which reduces blood flow and limits your pumps.

However, by inhibiting the ACE enzyme a bit, you negate those effects, and get *more* blood flow, nutrient delivery, oxygenation, and pumps! The effect has been shown to lower blood pressure, [1-3] which we often find as a good proxy for "awesome pumps" when done in a fashion that gets us more vasodilation.

## Less jitters and more focus with NeuroFactor over Alpha-Yo

Additionally, if you're not a fan of rauwolscine ("alpha-yohimbine"), you'll be pleased to know that it's been removed from Maxx's 2021 Legend. To make up for that, he's included more *NeuroFactor*, which is based on coffee fruit extract and has been shown to raise BDNF, or *brain-derived neurotrophic factor* levels,[4] which can improve memory adaptation and learning for better focus.

Unfortunately, these additions also led to the removal of *Senactiv*, which is admittedly one of our favorite ingredients lately.

This is the same formula for the 2021 version of *Maxx Chewing Legend Mango Margarita* as well. But do you need more pumps?! Then check out 2021's biggest change, **Maxx Chewing Ghost Pump**.

## Fun fact: The 2020 Maxx Legend heavily inspired Legend v2



In 2020, a major addition for Maxx's Legend collab was the use of Nitrosigine as a pump ingredient that's made from *inositol-stabilized arginine silicate* and tremendously improves arginine.[5] It turns out that it worked so well that Ghost included it in Legend V2 for *all* formulas.

If you follow Ghost enough, you'll start to notice that Dan, Ryan, and the rest of the team do a sort of *live beta testing* with these flavor collabs! If something works *really* well (as Nitrosigine does – see our article titled "*Because it Works: Ghost's Use of Nitrosigine to Move Markets*"), you just might see it in the next major version!

## Available Flavors

In case *Sour Pink Lemonade Ghost Legend* sells out before you can get your hands on it, here are some other available options:



Ghost Legend Sour Pink Lemonade is back for 2021!

## Maxx Does It Again!



Ghost Pump Maxx Chewing is finally here!

Ever since Ghost started doing flavor collaborations with their sponsored athletes, the products instantly became a hit with Ghost fans. Ghost typically launches a limited edition version of Ghost Legend just a few times per year and the products are always slightly different, and the formulas keep getting better.

These limited edition runs are known for selling out fast – especially Maxx Chewing’s Ghost Legend, so be ready when the launch goes live.

Stay tuned for the official launch date announcement and the full supplement facts panel reveal. From just this preview alone, you know it’s going to be stacked and Ghost has never done a 25-serving tub before.

As always, follow us on social media (@PricePLOW) to stay up to date and *subscribe below* for all Ghost news and deal alerts!

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## See the 2021 Announcement of Maxx’s Collab on YouTube

The 2021 Collabs were announced in Ghost’s *Building the Brand* YouTube Series, S8:E1:

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## See the 2020 Announcement of Pink Lemonade!

[SUBSCRIBE ON YouTube](#)

*Note: This article was originally published on August 6, 2020 and updated on October 6, 2021 with the latest version.*

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