

Rob Lipsett's Whiskey Sour Ghost Legend: Ghost Brings Nitrosigine To The States!

written by Mike Roberto | June 18, 2020



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

Over the years, **Ghost** has drastically expanded their line of products, brand awareness, and “*family*” of sponsored athletes. Since they are more of a lifestyle brand, they typically opt for adding *social media influencers* and *YouTubers* to their team opposed to professional athletes. But Ghost also doesn't just pick the person with the largest follower counts – they choose people who fit well with the brand and are involved in health and fitness.

When Ghost launched, they created a team of fitness influencers that helped spread awareness of the brand right off the bat. Some of their most famous sponsored influencers in the beginning were YouTubers, including *Christian Guzman* and *Maxx Chewing*.

Whiskey Sour Ghost Legend: New Flavor and Formula!



Ghost Legend Whiskey Sour has arrived but only for a limited time!

That brings us to *Rob Lipsett*, another famous YouTuber and fitness influencer, hailing from *Dublin, Ireland*. He's sponsored by Christian Guzman's clothing company, Alphalete Athletics, and has become good friends with Maxx as well. Rob has been obsessed with health and fitness ever since he stepped foot in the gym. He even competed in a physique competition, taking first place. Rob doesn't compete regularly, but he does stay in incredible shape all year round.

Never taking it too seriously...

Rob shares a large amount of health, fitness, supplementation, and nutrition information for free on his YouTube channel. But, he also stresses the importance of *balance* and never takes things *too* seriously. So don't be surprised if you see Rob hitting the gym one video, then a bar the next!

One of his favorite drinks to have on the weekend is a *whiskey sour*. Rob has been with Ghost a little over a year now, and after months of "*research and development*", as founders Dan and Ryan would say, it's time that Rob got his own Ghost Legend flavor collab! **Whiskey Sour Ghost Legend** is something Ghost had been teasing on their YouTube channel for a while, but now it's finally here and Rob could not be more excited!

"Joining Ghost was a huge moment for me, I was always a fan of the brand and how they presented themselves. Before signing with them, I had actually spent a lot of time with the other athletes (Christian and Maxx), and also Dan and Ryan. So when the time came it just felt right."

My favorite drink is a whiskey sour and one night in Sydney, after a successful day at the fit expo, I said “hey how about my signature flavour to be Whiskey Sour?” We all kinda laughed about it, then I said “no seriously try it” and gave the lads a sip of my drink. It’s a refreshing drink that would actually be great as a pre workout flavor, so after we went out that night the idea was born!

It’s safe to say this is an industry first and of course, Ghost are the ones to do it. I am really excited for it and if you told my younger self that I would one day be coming out with my own signature pre workout, I wouldn’t believe you! I’m delighted.”

– Rob Lipsett, YouTuber and Ghost Sponsored Athlete

Not only is this a never-before seen flavor for the supplement industry, there have also been a few tweaks to the formula based on Rob’s feedback and preferences. Everything you need to know about this epic collab is down below. But before we go any further, make sure to subscribe down below to get notified when Whiskey Sour Ghost Legend goes live and get an awesome deal!

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Watch Ghost Taste Test Whiskey Sour and Discuss The Formula!

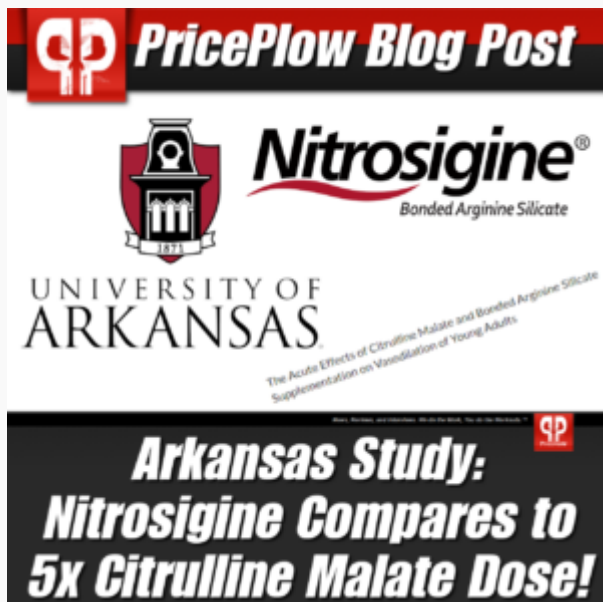
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Whiskey Sour Ghost Legend Ingredients

Since Rob lives in the UK currently, Ghost is using the European formula as a base for this limited edition flavor of Ghost Legend! However there are a few modifications made based on Rob's requests.

- **Major Changes To the Formula: Nitrosigine, Beta-Alanine, ActaGin, and NeuroFactor**

For example, Rob is a huge fan of intense beta-alanine tingles and skin-splitting pumps, so they increased the dosage of *beta-alanine* to 3.2g and *Nitrosigine* to 1g per scoop. Currently, Nitrosigine is not even available in the US formula, and it's by far one of PricePlow's favorite ingredients for boosting nitric oxide synthesis, which leads to greater blood flow, pumps, and performance!



Nitrosigine consists of arginine silicate and inositol, this combination solves the issue of poor bioavailability that often occurs with pure L-arginine supplementation. It's an incredible ingredient and we're hoping that this is not the last time we see Nitrosigine appear in the states. Word on the street is that Ghost Legend V2 is in the works and Nitrosigine may make an appearance, so stay tuned!

Nitrosigine comes from the master ingredient developers at Nutrition21, who also make nooLVL. You can tell that Ghost is a fan of them because not only do they use Nitrosigine in the EU Ghost Legend formula, nooLVL is one of the key ingredients in Ghost Gamer!

If you want to learn more about Nitrosigine, check out this blog post: *Nitrosigine: The Nitric Oxide Booster That Enhances Brain Function*

- **The Power of ActiGin**

Furthermore, Ghost added in **ActiGin**, which Dan thinks is a very underrated ingredient for boosting exercise performance!



ActiGin is a patent-pending blend of *panax ginseng* and *rosa roxburghii* fruit developed by *NuLiv Science*. It was specifically formulated to help you *re-energize, recover, and regenerate* new muscle cells.[1] A good amount of research shows that ActiGin supplementation can increase energy production,[2] decrease biomarkers of inflammation within working muscles,[3] and enhance glutathione activity (a potent antioxidant).[3]

ActiGin is a very interesting ingredient and we're glad to see Ghost using it in this pre workout, maybe in the future this will be a new addition to the original Ghost Legend. It's also important to note that ActiGin comes from a trusted supplier, is *GRAS affirmed*, meaning it's generally regarded as safe and is an *informed sport* and *informed choice certified*. Overall, we think is a great addition to the limited edition Whiskey Sour Ghost Legend.

Want to learn more about ActiGin? Check out this video!

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- **NeuroFactor: Is the US missing out?**

Although **NeuroFactor** is not a new addition for the European version of Ghost Legend, it is new to the US Legend! And it's an incredible ingredient, so let's explain what NeuroFactor is all about:



NeuroFactor is a trademarked form of *coffee bean extract* developed by *Futureceuticals*, a leading ingredient supplier. Since the UK has various

restrictions on certain ingredients, Ghost had to swap out the *dicafeine malate* that's found in the US version for NeuroFactor, since they do similar things. You also will not be finding any agmatine sulfate in the EU version either, due to the same restrictions.

Both NeuroFactor and dicafeine malate provide a steady rise in mental energy, focus, and boost your performance. However, studies show that NeuroFactor has the unique capability to enhance levels of *brain-derived neurotrophic factor (BDNF)*![4]

BDNF is classified as a protein that's crucial in activating *neurogenesis* and *repairing brain cells*. [5] Very few things exist that are capable of increasing BDNF, so that's a very significant finding. Furthermore, enhanced levels of BDNF have been linked to better memory, learning capability, and improved mood. [4,5]

More research is warranted in order to fully understand NeuroFactor's effects on the brain, however the preliminary research looks bright!

If the new flavor doesn't make you want to try Whiskey Sour Ghost Legend, then this modified formula just might! Let's see what else this pre workout has to offer, because the rest of the ingredients are ones we know and love.

Here's the full list of all the ingredients and dosages that you'll find in one serving of Whiskey Sour Ghost Legend:

SUPPLEMENT FACTS		
Serving Size: 1 Scoop (13 g) Servings Per Container: 30		
	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	<1%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
GHOST LEGEND® x ROB LIPSETT		
L-Citrulline	4000 mg	†
Beta-Alanine	3200 mg	†
Nitrosigine® (Inositol Stabilized Arginine Silicate)	1000 mg	†
ActiGin® (Panax notoginseng and Rosa roxburhii) Root extracts	50 mg	†
GHOST® SMART ENERGY		
Taurine	1000 mg	†
Caffeine Anhydrous	250 mg	†
NeuroFactor™ Coffee (Coffea arabica) Fruit extract	100 mg	†
Theobromine	50 mg	†
Olive (Olea europaea) Leaf extract (40% Oleuropein)	50 mg	†

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

A revamped formula and flavor!

GHOST Legend

- **L-Citrulline – 4g**
 - **Beta-Alanine – 3.2g**
 - **Nitrosigine (Inositol Stabilized Arginine Silicate) – 1g**
 - **ActiGin – 50mg**
-
- **GHOST Smart Energy**
 - **Taurine – 1g**
 - **Caffeine Anhydrous – 250mg**
 - **Neurofactor (Coffee arabica) Fruit Extract – 100mg**
 - **Theobromine – 50mg**
 - **Olive (Olea europaea) Leaf Extract – 50mg**

If you want to read more about the science behind Ghost Legend's formula, we highly recommend checking out our original blog write-up: *Ghost Legend: The Pre Workout Supplement for Legends (note: it's written for the US version)*.

Overall, this is a very solid formula, and beyond the flavor, we like the tweaks they made to Whiskey Sour Ghost Legend. It will be interesting to see how this one compares to the original US version. And who knows, there may be a new Ghost Legend on the horizon, so stay tuned!

Rob's Reaction To Whiskey Sour Ghost Legend Is Priceless...

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Available Flavors

If Whiskey Sour doesn't sound like your cup of tea, then don't worry, Ghost Legend comes in several other flavors. And Ghost doesn't just do athlete flavor collaborations, they also work with brands outside of the fitness industry, such as *Sonic (now available in Ghost Amino)*, *Welch's*, *Warheads*, *Bubblicious*, *Sour Patch Kids*, and *Swedish Fish*.

Their lineup of flavors is one of the most impressive things on the market and they don't disappoint! But keep in mind that if you want to try out this limited edition Rob Lipsett formula, then you can only get it in Whiskey Sour.



Ghost signed Rob Lipsett about a year ago and now he has his very own flavor of Ghost Legend!

Here's an a updated list of all Ghost Legend's available flavors:

Rob Lipsett's Whiskey Sour Ghost Legend Is A Must-Try!

With the modified formula and epic new flavor, Rob Lipsett's Whiskey Sour Ghost Legend should be on the top of your list to try! He has tried several pre workouts over the years from various companies, and Rob knows what ingredients and dosages he prefers most.



Rob Lipsett loves his Ghost supps more than Whiskey Sours!

Combining Rob's insight with Ghost's experience, we know this pre workout is going to help you crush your workouts and satisfy your craving for a drink. As we mentioned before, Rob is all about balancing health and fitness with activities outside of the gym. He makes fitness a priority, but doesn't let it take over his life. Whiskey Sour Ghost Legend couldn't be more of a perfect flavor for Rob and we can't wait for you to try it!

But remember, just like any Ghost athlete flavor collab, Whiskey Sour Ghost Legend will only be around for a limited time. If you don't grab one before it sells out, then hopefully Ghost brings it back in the future, but there's no guarantees.

Nothing seems to stop the Legends at Ghost from continuing to move the industry forward and each year is better than the last. They always have something going on, so make sure to sign up for Ghost news and deal alerts. Not only will you get notified when new products drop, but you'll also unlock exclusive deals, reviews, and interviews you can't find anywhere else!

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