

**SUGGESTED USE:** Mix each scoop (serving) of GHOST® BCAA with 8-10oz of water or beverage of choice. Vary amount of liquid to taste. Consume during or after exercise on training days or throughout the day as a performance thirst quencher.

**WARNING:** This product is only intended for healthy adults. Before using this product, consult a licensed, qualified healthcare professional if: you are taking any medications or other dietary supplement, or prescription drug; or if you have or have been treated for, diagnosed with or have a family history of, any medical condition. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Not for use by women that are pregnant, nursing, or trying to become pregnant. California Prop 65 Warning: This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

**STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING. CONTENTS SOLD BY WEIGHT NOT VOLUME, SOME SETTling MAY OCCUR.**

GHOST® 170 S. Green Valley Parkway, Suite 300, Henderson, NV 89012, U.S.A.  
1-844-GHOST-88 (446-7888) www.ghostlifestyle.com

 **MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY**  
This product contains ingredients of international and domestic origin

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**SOUR THEN SWEET.**

# GHOST

**SOUR PATCH**  
Watermelon

**30** B C A A  
AMINO ACIDS  
SERVINGS | NET WT. 300g (10.5 oz)

NATURALLY AND ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (10g)  
Servings Per Container: 30

	Amount Per Serving	%DV**
Calories	5	
Total Carbohydrate	1 g	< 1%
Total Sugars	0 g	
Includes 0g Added Sugars		0%
Sodium	35 mg	2%
Potassium	72 mg	2%
<b>GHOST® 2:1:1 BCAA</b>	<b>6000 mg</b>	
Instantized L-Leucine	3000 mg	†
Instantized L-Isoleucine	1500 mg	†
Instantized L-Valine	1500 mg	†
AstraGin® ( <i>Astragalus membranaceus</i> & <i>Panax notoginseng</i> ) Root extracts	25 mg	†

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
†No Percent Daily Values have been established for these nutrients.

**OTHER INGREDIENTS:** MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, SUCRALOSE, TARTARIC ACID, SILICON DIOXIDE, CALCIUM SILICATE, SALT, ACESULFAME POTASSIUM, FD&C RED #3, FD&C RED #40.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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