

**SUGGESTED USE:** Mix each scoop (1 serving) of GHOST® INTRA with 14-16oz 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 desired.

**GHOST® INTRA WAS CONCEIVED TO SUSTAIN GREATNESS AT ANY HOUR\***



**FITNESS\***



**SPORT**



**PARTY**



**ANYTIME**

**WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER.** 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. Phenylketonurics: Contains Phenylalanine.

California Prop 65 Warning: This product may expose you to chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**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.**

**KSM-66 Ashwagandha** **Aquamin** **Cognizin** **AstraGin** **Albion Minerals**  
 KSM66® is a registered trademark of Ixoreal Biomed, Inc. Aquamin™ is a trademark of Marigot Ltd. Cognizin® is a registered trademark of KYOWA HAKKO BIO CO., LTD. AstraGin®, NuLiv Science USA. Albion® is a registered trademark of Balchem Corporation or its subsidiaries. Welch's® is a registered trademark of Welch's Foods, Inc. used under license. © 2024 Welch's.

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

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**OUR SCOOP'S ALWAYS ON TOP**  
 The patented GHOST® nested scoop ensures you never go digging for your scoop again.

**AT TIME OF FILL** **AFTER SETTLING**  
  
 MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN



**20 | INTRA**  
**SERVINGS** | **EAA BCAA HYDRATION**  
 DIETARY SUPPLEMENT | **NET WT. 16.2oz (460g)**

**GHOST**

**Welch's**  
**GRAPE**  
 NATURALLY AND ARTIFICIALLY FLAVORED

**SUPPLEMENT FACTS**

Serving Size: 1 Scoop (23 g)  
 Servings Per Container: 20

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%**
Total Sugars	<1 g	†
Calcium	60 mg	5%
Magnesium (as Magnesium Bisglycinate Chelate) (Albion®)	35 mg	8%
Chloride	360 mg	16%
Sodium	230 mg	10%
Potassium	95 mg	2%

**GHOST® EAA**

GHOST® BCAA	6000 mg	†
L-Leucine	3000 mg	†
L-Isoleucine	1500 mg	†
L-Valine	1500 mg	†
L-Lysine	1500 mg	†
L-Threonine	1000 mg	†
L-Phenylalanine	1000 mg	†
L-Methionine	250 mg	†
L-Histidine	150 mg	†
L-Tryptophan	100 mg	†

**GHOST® FOCUS x HYDRATION**

Taurine	1000 mg	†
Himalayan Pink Sea Salt	637 mg	†
KSM66® Ashwagandha (Withania somnifera) Root extract	600 mg	†
Aquamin™ (Seaweed-derived calcium citrate malate)	500 mg	†
Potassium Citrate	262 mg	†
Cognizin® (Citicoline)	250 mg	†

**GHOST® ABSORPTION**

AstraGin® Astragalus membranaceus Root extract, Panax notoginseng Root extract	50 mg	†
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\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
 † Daily Value not established.

**V VEGAN FRIENDLY** **GF GLUTEN FREE** **SF SOY FREE**

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural Flavors, Concord Grape Juice Powder (Concord Grape Juice Concentrate, Rice Maltodextrin, Silicon Dioxide), Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Fruit and Vegetable Juice (for color), Acesulfame Potassium.  
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