

**SUGGESTED USE:** Mix one scoop (1 serving) of **GHOST® SIZE** with 8-10oz of water or beverage of choice, such as **GHOST LEGEND®** or **GHOST® BCAA**, preferably within 30 minutes before or after exercise on training days. For best results, **GHOST® SIZE** should be taken consistently on both training/non-training days with plenty of water. Do not exceed 2 servings in a 24-hour period.

**GHOST® SIZE WAS CONCEIVED TO MAKE GAINS FASTER THAN PHOTOSHOP\***

**WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. DO NOT EXCEED RECOMMENDATIONS FOR SUGGESTED USE.** 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. Do not use if you are taking erectile dysfunction medication. Do not take additional nitrates in the form of medication or dietary supplements along with this product. Consume as part of a healthy diet and exercise program, and drink plenty of water.

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.**

 **MANUFACTURED IN THE U.S.A. IN A GMP COMPLIANT FACILITY CONTAINS INGREDIENTS OF INTERNATIONAL AND DOMESTIC ORIGIN**

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\*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.



**30 | SIZE**  
SERVINGS | **MUSCLE BUILDER\***  
DIETARY SUPPLEMENT | NET WT. 11.6oz (330g)

**'NATTY'**  
NATURALLY FLAVORED

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (11 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® SIZE		
Creapure® Creatine Monohydrate (min. 99.9% Purity)	5000 mg	†
Full Yield Betaine	2500 mg	†
Betaine Nitrate (NO3-T®) (1.95g delivering 1.25g Betaine)		
Betaine Anhydrous (1.28g delivering 1.25g Betaine)		
PeakATP® (Adenosine 5'-Triphosphate Disodium)	400 mg	†
Epicatechin (90%)	200 mg	†
Senactiv® (Panax notoginseng (root) & Rosa canina (fruit)) extracts	50 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:** Natural Flavor, Silicon Dioxide, Calcium Silicate, Magnesium Oxide, Gum Acacia, Steviol Glycosides.

**MANUFACTURED FOR GHOST LLC** 1700 S Pavilion Center Drive, Suite 640, Las Vegas, NV 89135, U.S.A.  
1-844-GHOST-88 (446-7888)

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



AstraGin® and Senactiv®, NuLiv Science USA, Inc. NO3-T® is a registered trademark of ThermoLife International, LLC. This product practices one or more patents listed at [www.NO3-T.com/patents](http://www.NO3-T.com/patents). PEAK ATP® is a registered trademark of TSI Group Co., Ltd. Patent #7,629,329 and #7,671,038. Creapure® Brand Creatine is an exclusive product of AlzChem Trostberg GmbH, Germany.