

HYDRATION

SUPPLEMENT FACTS

Serving Size: 1 Stick (9.5 g)

Servings Per Container: 24

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%**
Dietary Fiber	0 g	0%**
Total Sugars	1 g	†
Includes 0g Added Sugars		0%**
Vitamin C (as PureWay-C™)	135 mg	150%
Calcium	60 mg	5%
Magnesium	83 mg	20%
Chloride	117 mg	5%
Sodium	150 mg	7%
Potassium	375 mg	8%

GHOST® HYDRATION

Taurine	1500 mg	†
Potassium Citrate	1036 mg	†
Magnesium Citrate	565 mg	†
Aquamin™ (Seaweed-derived calcium citrate malate)	500 mg	†
Sodium Citrate	323 mg	†
PureWay-C™ (Ascorbic Acid and Citrus Bioflavonoids)	195 mg	†
Himalayan Pink Sea Salt	192 mg	†
Senactiv® (<i>Panax notoginseng</i> (root) and <i>Rosa canina</i> (fruit)) extracts	50 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Natural Flavor, Concord Grape Juice Powder (Concord Grape Juice Concentrate, Rice Maltodextrin), Citric Acid, Malic Acid, Tartaric Acid, Rebaudioside M, Silicon Dioxide, Calcium Silicate, Fruit and Vegetable Juice Powder (for color), Spirulina extract (for color).

MANUFACTURED FOR GHOST LLC

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V VEGAN FRIENDLY

GF GLUTEN FREE

SF SOY FREE



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

* RICH IN ANTIOXIDANT VITAMIN C



SENACTIV Aquamin PUREWAY
® (Ascorbic Acid)

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